

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Distal Biceps Reconstruction

Phase I (0-2 weeks)

Range of Motion: Elbow splinted at 90d

Splint: Keep on at all times.

Exercises: Wrist and hand only

Restrictions: No elbow range of motion

Phase II (2-6 weeks)

Range of Motion: 30d – 160d

Brace: Worn at all times. Removed for hygiene.

Exercises: Wrist and hand. Elbow gentle ROM.

Restrictions: No stretching. No lifting more than coffee cup.

Phase III (6 weeks - 3 months)

Range of Motion: Gradual return to full AROM.

Brace: Worn at all times. Removed for hygiene.

Exercises: Elbow, wrist, and hand ROM. No lifting more than 5 pounds.

Phase IV (3-8 months)

Range of Motion: Full and pain-free

Brace: None

Exercises: Gentle, progressive strengthening. Maintain flexibility. Return to full activity as tolerated after 8 months.