



## Duke Orthopaedics: Upper Extremity Division

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### Distal Biceps Repair

#### Phase 1 (0-6 weeks): Early ROM

##### GENERAL PRECAUTIONS AND GUIDELINES

- Splint remains in place for the first 10-14 days
- Sutures will be removed by physician in 10-14 days
- At 10-14 days, transition to hinged elbow brace

##### EXERCISES

- Initiate ROM 3-5x/day in hinged elbow brace at 2 weeks
- Weeks 2/3: PROM into flexion and supination IN BRACE
- AAROM into extension and pronation IN BRACE
- Pronation/supination always performed at 90 deg of flexion
- Weeks 4-6: Add AAROM into flexion (not supination) IN BRACE
- Grip ROM/strengthening exercises

##### BRACE GUIDELINES

- Week 2: brace locked from 60 deg to full flexion
- Week 3: brace locked from 40 deg to full flexion
- Week 4: brace locked from 30 deg to full flexion
- Week 5: brace locked from 20 deg to full flexion
- Week 6: brace unlocked, full motion

#### Phase 2 (6-12 weeks): Restore Function

- Progress AROM and PROM as tolerated
- Initiate gentle elbow and forearm strengthening
- No lifting/carrying >5 lbs, no repetitive/excessive arm use

#### Phase 3 (>12 weeks): Return to Work

- Increase strength and endurance (work specific) training