



Upper Extremity Division  
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# Distal Biceps Repair

## PHASE I: Early ROM (0 to 6 weeks)

- 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.
  - Initiate ROM exercises 3- 5 times per day in hinged elbow brace:
    - Weeks 2/3:
      - PROM into flexion and supination IN BRACE
      - AAROM into extension and pronation IN BRACE
    - Week 2: brace locked from 60 to full flexion
    - Week 3: brace locked from 40 to full flexion
      - Weeks 4-6:
        - Add AAROM into flexion (not supination) IN BRACE
    - Week 4: brace unlocked from 30 to full flexion
    - Week 5: brace locked from 20 to full flexion
    - Week 6: brace unlocked full motion
- Grip ROM and strengthening exercises  
Pro/supination always performed at 90 degrees of flexion

## PHASE II: Restore Function (6-12 weeks)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
  - No Lifting/carrying > than 5 lbs, no repetitive use

## PHASE III: Return to work (>12 weeks)

- Increase strength and endurance (work specific) training