

**DISTAL BICEPS REPAIR**  
**DR ELRASHIDY – WEBSTER ORTHOPEDICS**

**PHASE I – Post-Op Phase (Week 0 - 2)**

- ✎ Sling & hinged brace until 1<sup>st</sup> post-op visit
  - ✎ Brace at 90° Flexion & Neutral Rotation for 10-14 days
- ✎ At 1<sup>st</sup> visit, brace set to **Full Flexion, 45° Extension**
- ✎ Ice, inflammation control, soft tissue modalities
- ✎ Gentle wrist & digit motion, fist pumps

**PHASE II – Intermediate Phase (Week 3 - 6)**

- ✎ Weeks 2-6: Brace on at all times except during PT or home exercise
- ✎ Range of Motion: Brace gradually adjusted to allow progressive extension
  - ✎ Week 3: 30° - 45° to full flexion
  - ✎ Week 4: 20° to full flexion
  - ✎ Week 5: Full ROM
  - ✎ Week 6: Discontinue hinged brace (if full motor control)
- ✎ Begin Active-Assisted ROM
  - ✎ Initially limit Extension to 45°
  - ✎ Advance to full extension by 6 weeks.
- ✎ Encourage shoulder & wrist ROM throughout.

**PHASE III – Motion Phase (Week 7 - 9)**

- ✎ Achieve & maintain full AROM/AAROM at elbow
- ✎ Begin Biceps, Cuff & Deltoid Isometrics
- ✎ Begin **Active Elbow Flexion** against gravity
- ✎ Maintain ROM Wrist & Shoulder

**PHASE IV – Early Strengthening Phase (Week 10 - 12)**

- ✎ Begin Flexion & Supination strengthening at 10 weeks
  - ✎ Week 10: Weight training with < 5 lbs.
  - ✎ Week 12: Progress weight training
- ✎ Advance resistive strengthening of Deltoid & Rotator Cuff

**PHASE V – Advanced Strengthening Phase (Month 3 - 6)**

- ✎ Continue progressive biceps strengthening
- ✎ Most patients achieve full recovery by 6 months