

## DISTAL BICEP REPAIR PROTOCOL

### **Patient Education:**

- Following surgery the patient will be in the brace locked at 90 degrees at all times for 1-2 weeks, 60 degrees for 3-4 weeks, and 30 degrees for 4-6 weeks. The brace will be progressively opened to greater degrees of extension. By 6 weeks post op the brace should be unlocked to allow full range of motion. Discharge brace upon MD approval.
- Do not get your stitches wet
- Use ice 3-4 times/day for 15-20 minutes
- Use compression sleeve to control swelling
- Stitches will be removed at approximately 12-20 days depending on healing
- May start recumbent bike once stitches are removed with elbow locked in brace
- No heavy lifting until at least 16 weeks with MD clearance

### **Post Op Weeks 0-3 (days 1-21):**

- PROM:
  - Extension to 20-30 degrees
  - Pronation to 60 degrees
  - Flexion and Supination as tolerated
- Gripping
- Shoulder shrugs/squeezes
- Wrist isometrics- flexion, extension, radial deviation, ulnar deviation, NO SUPINATION OR PRONATION
- Triceps isometrics at 90 degrees
- Submaximal shoulder isometrics with elbow bent at 90 degrees (NO FLEXION)
- PROM elbow flexion/extension performed by the patient with their uninvolved hand

### **Post Op Week 4 (days 22-28):**

- PROM:
  - Extension to 15-20 degrees
  - Pronation to full ROM
  - Flexion and Supination as tolerated
- Open and lock brace to 60 degrees between 3 and 4 weeks
- Submaximal bicep isometric at 90 degrees of elbow flexion with hand in neutral and pronated
- RS supported (no bicep resistance)
- Wrist and forearm PRE's (NO SUPINATION OR PRONATION)
- Scapular PNF

### **Week 5 (days 29-35):**

- PROM:
  - Extension to 10 degrees
  - All other motions to tolerance
- AROM: supine shoulder flexion to tolerance
- Bicep isometric at 60 and 90 degrees of elbow flexion (can add supinated hand position)
- Tricep isometric at 30, 60 and 90 degrees of elbow flexion

**Week 6(days 36-42):**

- PROM: increase to full extension
- AROM: to tolerance
- Open and lock brace to 30 degrees between 5 and 6 weeks
- Add bicep isometrics at 30 degrees of elbow flexion
- Forearm pronation and supination isometrics
- Prone row, extension and horizontal abduction
- Supine punch and flexion
- Horizontal abduction with Theraband

**Week 7 (days 43-49):**

- UBE
- Prone shoulder flexion
- Standing Theraband IR/ER at 0 degrees of abduction
- Standing PRE's to 90 degrees
- Push up plus

**Week 8 (days 50-56):**

- Resisted bicep/ tricep strengthening (start with light Theraband resistance and progress to weights)
- Forearm supination/ pronation PRE's
- Sidelying ER

**Week 11:**

- Shoulder manuals
- Wrist/ forearm manuals

**Week 12:**

- Bicep/ Tricep manuals
- Plyos

**Week 14-16:**

- Return to MD for sport clearance and return to weight lifting.

Any questions please call:

Summit Physical Therapy – (513) 346-1599

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