

DISTAL BICEPS TENDON REPAIR PHYSICAL THERAPY PRESCRIPTION

Surgery: Left / Right Distal Biceps Repair

Date of surgery: _____

Expected Rehab Timeline

0-2 weeks: splint

2-4 weeks: brace 45-110

4-6 weeks: brace 30-130

6-8 weeks: brace 15-130

8 weeks unlock then D/C brace when comfortable

PHASE 1 (0 to 2 WEEKS): No formal physical therapy

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Rest, ice to affected elbow

Continue splint and sling at all times

Finger and shoulder ROM exercises

PHASE 2 (2 to 6 WEEKS):

GOALS:

Tendon healing

EXERCISES/RESTRICTIONS:

Splint removed at first post-operative visit and changed to a brace

No active supination or elbow flexion, ok for passive flexion and active extension

No lifting

Gripping exercises

PHASE 2 (6 to 12 WEEKS):

GOALS:

Regain elbow range of motion

EXERCISES/RESTRICTIONS:

Unlimited active ROM and gentle passive ROM past week 8

More aggressive passive ROM past week 8 to restore full and normal ROM

Strengthening: Begin if range of motion is near full:

 Gentle strengthening

 Start at 1 lb for wrist extensors and flexors

Start at 3 lbs for biceps and triceps
Progress 1 lb per week
Resisted pronation and supination.
Can begin with Isometric exercises at week 6-8

PHASE 3 (12 - 20 WEEKS):

GOALS:

Continue strengthening

EXERCISES/RESTRICTIONS:

Progress lifting in all forearm positions as tolerated
Progress to concentric and eccentric exercise as tolerated at week 12

PHASE 4 (>20 WEEKS):

GOALS:

Return to work/sport

EXERCISES/RESTRICTIONS:

Full return to activity when strength is symmetric and range of motion is normal

Evaluate and treat per therapist plan.

Please follow the protocol as directed and call the office with questions or renewals.

****Please send progress notes.**

NAME OF PATIENT: _____

Treatment: 2 times per week Duration: 4 months X Home Program

Physician's Signature: _____

Date: _____

Daniel J. Chernoff, M.D.

Orthopedic Surgery, Sports Medicine
Kansas City Orthopedic Alliance
3651 College Blvd. Leawood, KS 66211
Phone: (913) 319-7600
Fax: (913) 253-1704
KS License: 04-46252
MO License: 2019014833
NPI: 1326401456

