



Colorado Springs  
Orthopaedic Group

Well Beyond.

Craig A. Yager, M.D.

## Postoperative Therapy Protocol

### Distal Biceps Repair

#### Functional Goals

Weeks 0-1: Control swelling and pain, protect anatomic repair

Weeks 1-8: Restore full active motion of shoulder and elbow

Weeks 8-10: Initiate strengthening of shoulder and elbow

Weeks 10-12: Continue strengthening with goal for return to sport or work activities

Weeks 12-14: Full release for unrestricted activity when motion and strength have returned without swelling

#### Weeks 0-1

Keep postoperative splint clean, dry, and intact until follow up

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Shoulder passive range of motion to tolerance in all planes, do not force painful motion

#### Weeks 1-8

Hinged elbow brace placed limiting extension beyond 45°

Initiate range of motion progression in hinged elbow brace limiting extension as directed below

- May remove brace during physical therapy appointments

Postoperative Week	Flexion	Extension Limit	Goal
Week Two	Full Elbow Flexion	60°	Protect Repair
Week Three	Full Elbow Flexion	50°	Protect Repair
Week Four	Full Elbow Flexion	30°	Increase PROM
Week Five	Full Elbow Flexion	20°	Increase PROM
Week Six	Full Elbow Flexion	10°	Increase PROM
Week Eight	Full Elbow Flexion	Full Extension	<b>Discontinue brace</b>

#### Range of Motion Program

- Weeks 2-3: Passive range of motion for elbow flexion with elbow at 90°, AAROM for elbow extension and pronation with elbow at 90°, shoulder motion as needed limiting excessive extension
- Weeks 3-4: Continued AAROM extension and progress to passive extension ROM
- Week 4: Active motion for elbow flexion and extension
- Weeks 6-8: Begin combined motion (extension and pronation, supination and flexion), goal of full AROM by end of week 8

### **Strengthening Program**

- Week 2: Sub-maximal pain free isometrics for triceps and shoulder musculature
- Weeks 3-4: Single plane AROM elbow flexion, extension, supination and pronation
- Week 8: Initiate progress resisted exercise program for elbow flexion, extension, supination and pronation
- Weeks 12-14: Initiate light upper extremity weight training as needed

### **Weeks 12-14 and Beyond**

Full release for unrestricted activity when motion and strength have returned without swelling

Continue home exercise program as directed

**Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.**