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## **Distal Biceps Repair Protocol**

### **Phase I: Week 1**

Guidelines:

- Posterior splint at 90 degrees of elbow flexion
- Wrist and hand gripping exercises

### **Phase II: Weeks 2-6**

Guidelines:

- Elbow ROM brace
  - Week 2 @ 45-100
  - Week 4 @ 30-115
  - Week 6 @15-130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Weeks 5-6
  - Isometric triceps exercises

### **Phase III: Weeks 6-10**

#### Guidelines:

- Elbow ROM
- Discontinue brace @ Week 8 (0-145 degrees)
- Week 8 begin
  - Light isotonic triceps
  - Isotonic wrist flexors/extensors
  - Shoulder isotonics
  - Continue rotator cuff and scapular exercises
  - Progress weight 1lb. per week

### **Phase IV: Weeks 10-16**

#### Guidelines:

- Biceps isometrics @ Week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Weeks 10-12
  - Initiate UBE

### **Phase V: Weeks 16-26**

#### Guidelines

- Light biceps isotonics (Week 16)
- Plyometrics
  - Two-handed @ Week 16
  - Progress to one-handed at week 20-22



## **Phase VI: Weeks 26+**

### Guidelines:

- Return to Activity
- Sport Specific Training