

Distal Biceps Repair PT Protocol

Phase I – Maximum Protection (0 to 7 Days):

- 0 to 7 Days:
 - o Complete Immobilization in 90° Splint
 - o Sling For 6 Weeks

Phase II – Progressive Stretching and Passive Motion (1 - 6 Weeks):

- Weeks 1-3:
 - o Brace 90° to full flexion; may remove for therapy
 - o Begin passive elbow flexion – full range; Passive and active extension to 90°
 - o Begin active shoulder protraction/retraction
- Weeks 3 to 6:
 - o Maintain program as outlined in weeks 1 to 3
 - o Initiate gentle active/passive extension to 0°
 - o Initiate passive supination

Phase III – Active Motion (Weeks 6 to 8):

- Weeks 6 to 8:
 - o Discontinue brace at 6 weeks
 - o Begin active range of motion of the elbow and wrist in all planes
 - o Begin rotator cuff and scapular strengthening program
 - o Scapular stabilization exercises

Phase IV – Strengthening (Week 8 to 12):

- Weeks 8 to 12:
 - o Continue with end range stretching
 - o Begin resisted biceps strengthening
 - o Begin wrist and forearm strengthening all planes
- Week 12:
 - o Begin global upper extremity gym strengthening program
 - o Advance intensity of forearm and hand strengthening, including wrist extension
 - o Initiate Plyometric Drills Plyoball wall drills Double arm rebounder drills progressing to single arm

Phase V – Return to Sport (Week 12-16):

- Follow-up appointment with physician
- Initiate return to sport program per physician approval