



## Physical Therapy Prescription – Distal Biceps Repair

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: R / L elbow distal biceps repair

Date of Surgery: \_\_\_\_\_

Frequency: 2-3 times per week

### PHASE I (Weeks 0 – 2):

- **Splint:** Postoperative splint remains in place for first 10-14 days following surgery
- **Sling:** Use for first 10-14 days while in splint

### PHASE II (Weeks 2 – 6):

- **Brace:** Hinged elbow brace provided at 10-14 days following surgery (at 1<sup>st</sup> postoperative visit)
  - Week 2: Brace locked from 60 degrees to full flexion
  - Week 3: Brace locked from 40 degrees to full flexion
  - Week 4: Brace locked from 30 degrees to full flexion
  - Week 5: Brace locked from 20 degrees to full flexion
  - Week 6: Brace unlocked, full motion allowed
- **Range of Motion:**
  - Weeks 2-3:
    - i. PROM into flexion and supination IN BRACE
    - ii. AAROM into extension and pronation IN BRACE
    - iii. IMPORTANT → pronation/supination always performed at 90 degrees of flexion
  - Weeks 4-6:
    - i. Add AAROM into flexion (not supination) IN BRACE
    - ii. Add grip exercises
    - iii. IMPORTANT → pronation/supination always performed at 90 degrees of flexion

### PHASE III (Weeks 6 – 12):

- **Brace:** none
- **Range of Motion:** Progress as tolerated
- **Exercises:** Initiate gentle elbow and forearm strengthening; no lifting/carrying > 5lbs, no repetitive use

Signature: \_\_\_\_\_

Date: \_\_\_\_\_