

Physical Therapy Prescription – Distal Biceps Repair

Dr. Alexander Strassman

Name: _____ Date: _____

Diagnosis R / L elbow distal biceps repair

Date of Surgery: _____

Phase I: (Weeks 0-2):

- Sling: Use for first 1-14 days while in splint

Phase II: (Weeks 2-6):

- Range of Motion:
 - PROM into flexion and supination
 - AAROM into extension and pronation
 - IMPORTANT: pronation/supination always preformed at 90 degrees of flexion
- Weeks 4-6:
 - Add AAROM into flexion (not supination)
 - Add grip exercises
 - IMPORTANT : pronation/supination always preformed at 90 degrees of flexion

Phase III (Weeks 6-12):

- Range of Motion: Progress as tolerated
- Exercises: Initiate gentle elbow and forearm strengthening, no lifting/carrying > 5# no repetitive use