

Distal Biceps Repair Elbow Rehabilitation

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- Phase I** Passive range of motion
- Phase II** Active range of motion with terminal stretch
- Phase III** Resisted plus continue Phase II

PROTECT IN SLING / FOR 4 WEEKS, INCLUDING SLEEP X 2 WEEKS.

Immediate: IMMOBILIZED IN SPLINT, NO MOTION X 3-5 days

<p><u>PHASE I: Begin Date:</u> Begin after splint removal 3-5 days post-op</p>	<ul style="list-style-type: none"> • Active assist flexion to full as tolerated. Gentle active extension to Full as tolerated. No aggressive stretch yet. • Active assist supination to full as tolerated. Active pronation to full. • Active wrist, hand, shoulder ROM.
<p><u>PHASE II:Begin Date:</u> Begin at ~1 month post-op</p>	<ul style="list-style-type: none"> • Active flexion, active extension towards full with gentle terminal stretch. • Active supination, active pronation towards full, terminal stretch. • Active elevation, external rotation, internal rotation of the shoulder. • Use arm for light ADL's. No lift >1 lb.
<p><u>POD # 42:Begin Date:</u></p>	<ul style="list-style-type: none"> • Continue as above – everything active, terminal stretch for extension and pronation. • When AROM full, gentle isometric elbow strengthening begins.

<p><u>PHASE III:Begin Date:</u> 2 months post-op</p>	<ul style="list-style-type: none"> • Continue stretching • Resisted flexion, extension, supination, pronation elbow (theraband ONLY) • Routine shoulder strengthening and stretching.
<p><u>WEIGHT TRAINING:Begin Date:</u></p>	<ul style="list-style-type: none"> • 3 months post-op • High reps / low resistance
<p><u>RETURN TO ACTIVITIES:Begin Date:</u></p>	<ul style="list-style-type: none"> • Computer: 4 weeks • Golf: 3 months • Tennis: 4 months • Contact sports: 4 months • Throwing: 4 months