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**Distal Bicep Repair
Post Op Physical Therapy Plan**

Date of Surgery: _____

Surgeon: _____

Restrictions: PROM only for 6 wks for supination, avoid shoulder extension coupled with elbow extension for 8 wks

Splint: 0-10 days locked at 90 degrees

Brace: 3-4 wks 70-full flexion

4-5wks 60-full flexion

5-6 wks 45-full flexion

6-7 wks 25-full flexion

7-8 wks 0-full flexion

***can be accelerated per MD**

D/C brace at 6-8 wks

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Ideally patients reach the milestones prior to advancing to the next phase

	Interventions	Milestones
Phase I (0-10 days)	<ul style="list-style-type: none"> • Splinted at 90 • Scapular squeeze • Ball squeeze 	<ul style="list-style-type: none"> • Good pain control • Ensuring compliance w splint
Phase II (10 days-6 wks)	<ul style="list-style-type: none"> • Increase PROM extension with brace by 25-30 degrees per week with starting week 6 working to full extension • Can do active elbow flexion with no weight • Avoid shoulder extension motion coupled with elbow extension • Shoulder isometrics and scapular manual resistance ex • Gradual increase PROM elbow extension, supination and pronation • Can start RTC strengthening and prone scapular stabilization at 6 wks 	<ul style="list-style-type: none"> • Elbow ROM 0-full flexion • Pain free ADL's • Full shoulder ROM
Phase III (wks 6-12)	<ul style="list-style-type: none"> • Begin light strengthening elbow • Progress scapular stab and shoulder strength • Begin closed chain scap stab 	<ul style="list-style-type: none"> • Strength 70% non op side
Phase IV (wks12-16)	<ul style="list-style-type: none"> • Initiate gym program • Continue strength progression for shoulder elbow wrist and scapular stabilizers 	<ul style="list-style-type: none"> • Strength 80% non op side
Phase V wks 16+	<ul style="list-style-type: none"> • Progress power • Initiate and progress plyometrics 2 hand->one hand • Sports specific drills as appropriate 	<ul style="list-style-type: none"> • Pass functional testing as appropriate

Return to full activity anticipated 4-6 mos

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.