



Distal Biceps Repair

Postoperative Protocol

0-2 weeks postop

- Splint and postoperative dressing remain in place for the 10-14 days.
- You can use your fingers and hand.
- Keep your splint/brace clean and dry.

2-6 weeks postop

- Dressing removed, OK to shower (no baths, pools, or Jacuzzi/hot tub until 3 weeks postop)
- Elbow stays in the hinged brace, unlocked.
- The brace is to be removed only for exercises, dressing, showering.
- Initiate elbow exercise program 5 times per day:
 - PROM in flexion, extension, supination and pronation
 - No strengthening exercises

For all exercises: Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for 5 seconds and then work up to where you can hold it for a count of 10. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times, trying to help the arm up a little higher each time.

1) Passive Elbow Flexion



2) Passive Elbow Extension



*can also do this in seated position

3) Passive Forearm Pronation and Supination



6-12 weeks postop

- Start formal PT, focusing on strengthening