



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

DISTAL BICEPS REPAIR REHABILITATION PROTOCOL

Name: _____ **Date:** _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-4:

- Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion with wrist free.
- Dressing changed at 7-10 days after surgery
- Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

Weeks 4-6:

- Brace adjusted to 30 degrees extension, may begin active assisted flexion to 90 degrees in brace

Weeks 6-8:

- Discontinue the use of the Bledsoe Brace
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated
- Begin muscle strengthening exercises for wrist and forearm

Months 2-3:

- May begin elbow strengthening

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____