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Physical Therapy Guidelines following Distal Biceps Repair/Reconstruction

These guidelines should be tailored to individual patients based on their rehab goals, age, precautions, quality of repair, etc. Progression should be based on patient progress and at the discretion of the physical therapist and after a discussion with Dr. Sivasundaram.

0-2 weeks: Sling and Splint all times

2-8 Weeks: Transition to hinged elbow brace, must be worn at all times
Keep hinged elbow brace locked at 90 until 4 weeks postoperative
At 4 weeks, begin passive ROM exercises. Initially Limit Extension to 45°, Advance to full extension by 8 weeks.
Wrist/Shoulder ROM exercises

8-12 Weeks: Begin Passive/Active Assist ROM Elbow
NO resisted biceps or triceps exercises
Begin Cuff/Deltoid Isometrics
Maintain Wrist/Shoulder ROM

Week 12-6 Months: Discontinue elbow brace
Begin gradual elbow flexion strengthening and advance as tolerated
Maintain ROM Elbow/Wrist/Shoulder
Advance to resistive Strengthening Deltoid/Rotator Cuff