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## Rehabilitation Protocol Chronic Distal Biceps Repair

### **Phase I: Early ROM** (*0 to 6 weeks*)

- Splint remains in place for the first 10-14 days.
- Sutures will be removed by physician in 10-14 days.
- At 10-14 days transition to hinged elbow brace.
- Initiate ROM exercises 3- 5 times per day in hinged elbow brace:
  - PROM into flexion, extension, supination and pronation IN BRACE
    - Week 2: brace locked from 60 to full flexion
    - Week 3/4: brace locked from 40 to full flexion
    - Week 5: brace locked from 20 to full flexion
    - Week 6: brace unlocked full motion
  - Grip ROM and strengthening exercises
  - Full pro/supination allowed starting week 2 always at 90 degrees of flexion
- Notify physician if drainage from portals persists 10 days after surgery.

### **Phase II: Restore Function** (*6-12 weeks*)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
  - No Lifting/carrying > than 5 lbs, no repetitive use

### **Phase III: Return to work** (*>12 weeks*)

- Increase strength and endurance (work specific) training