



Name:		Patient Flow Sheet
Date of Surgery:		

Distal Bicep Tendon Repair Rehab Protocol Benedict Figuerres, MD

- **Phase I—Weeks 0-1**

Date: _____

- Initial Postoperative Immobilization

- Posterior splint, elbow immobilization at 90 degrees for 5-7 days with forearm in neutral (Unless otherwise indicated by surgeon)

- Hinged Elbow Brace

- Elbow placed in a hinged ROM brace at 5-7 days postoperative. Brace set unlocked at 45 degrees to full flexion.
- Gradually increase elbow ROM in brace as specific per week

- Strengthening Program

- Week 1 – Sub-maximal pain free isometrics for triceps and shoulder musculature.

- **Phase II—Weeks 2-3**

Date: _____

- Hinged Brace Range of Motion

- Week 2 – 45 degrees to full elbow flexion
- Week 3 – 45 degrees to full elbow flexion

- Exercises

- Passive ROM for elbow flexion and supination (with elbow at 90 degrees)
- Assisted ROM for elbow extension and pronation (with elbow at 90 degrees)
- Shoulder ROM as needed based on evaluation, avoiding excessive extension.

- Strengthening Program

- Week 2 – Submaximal pain free biceps isometrics with forearm in neutral.

- **Phase III—Weeks 3-4**

Date: _____

- Hinged Brace Range of Motion

- Week 3 – 45 degrees to full elbow flexion
- Week 4 – 30 degrees to full elbow flexion

- Exercises

- Initiate active-assisted ROM elbow flexion
- Continue assisted extension and progress to passive extension ROM

- Strengthening Program

- Weeks 3-4 – Single plane active ROM elbow flexion, extension, supination, and pronation

- **Phase IV—Weeks 4-5**

Date: _____

- Hinged Brace Range of Motion

- Week 4 – 30 degrees to full elbow flexion
- Week 5 – 20 degrees to full elbow flexion

- Exercises

- Active ROM elbow flexion and extension

- **Phase V—Weeks 6-8**

Date: _____

- Hinged Brace Range of Motion

- Week 6 – 10 degrees to full elbow flexion
- Week 8 – Full ROM of elbow; discontinue brace if adequate motor control

- Exercises

- Continue program as above
- May begin combined/composite motions (i.e. extension with pronation)
- If at 8 weeks post-op the patient has significant ROM deficits therapist may consider more aggressive management, after consultation with referring surgeon, to regain ROM.

- Strengthening Program

- Week 8 – Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation.

- **Phase VI—Weeks 12-14**

Date: _____

- Strengthening Program

- Weeks 12-14 – May initiate light upper extremity weight training.
- Non-athletes initiate endurance program that stimulates desired work activities/requirements