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Distal Biceps Repair Physical Therapy Protocol

Immediate Postoperative Period

- Splint until first post-operative visit (7-10 days)
- Transition to brace limiting full extension

0-3 Weeks (Goal: Initial light ROM, protect repair)

- Active extension to 60 degrees in brace, advance 10 degrees per week
- Gentle wrist and shoulder ROM, no active supination

3-6 Weeks (Goal: full elbow ROM)

- Continue brace except for hygiene
- Unlock brace to continue to full ROM by 6 weeks
- OK for active extension
- No active flexion/supination
- Continue shoulder, wrist ROM
- OK for stationary bike without resistance to handles

6-9 Weeks (full ROM, active flexion)

- Wean from brace
- Active full extension, active flexion, active supination
- Rotator cuff, deltoid, triceps isometrics

9-12 Weeks (progress resistance exercise)

- Begin resistive isometrics, pain-free biceps, flexion, supination
- Continue shoulder strength, extension
- Maintain flexibility

12-16 Weeks (increase strength)

- Advance strengthening, endurance
- Return to full activity 4-6 months