



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
PARK CITY • HEBER CITY • SALT LAKE CITY

M. Daniel Hatch, M.D.
www.utahshoulder.com

Distal Biceps Repair Protocol

Phase 1

- **Sling w/ immobilizing splint:** Full time, Day and Night Weeks 0-2
- **Hinged arm brace:** Full time, Day and Night Weeks 2-6
- **Weeks 0-2 (Sling and splint)**
 - Perform scapular stability (shrugs, retraction) exercises as shown
 - Minimal movement of the fingers/hand is encouraged soon after surgery. Minimize wrist flex/extension and forearm twisting as much as possible
 - **NO resistance/ holding objects with the arm/hand greater than 1lb**
- **Weeks 2-6 (Hinged arm brace)**
 - The brace and instructions for use will be provided at your follow up visit
 - Begin with extension block at 50°, adjust by 10° each week - the elbow will become progressively straighter with each adjustment
 - Begin active ROM of the wrist, hand, and shoulder. Typing OK as tolerated if the forearm/elbow is supported. Do not use excessive force or grip with hand
 - Begin PASSIVE elbow flexion/extension within brace several times daily. Minimal assisted extension (with posterior upper arm activation) is acceptable
 - **Do Not actively engage the biceps via elbow flexion or forearm supination**
 - **OK to remove brace while showering if the arm is in a sling**

Phase 2

- **Weeks 6-12 (Cease brace use after visit)**
 - Continue active hand and shoulder motion
 - Begin (limited) active ROM of elbow and forearm. Perform daily movement exercises as instructed 2-3x per day
 - **No resistance/ holding objects with the arm/hand greater than 1-5 lb**
 - **No excessive repetitive movements involving the biceps**

Phase 3

- **Weeks 12+**
 - Begin strengthening program as directed (usually 50-75% effort, limit 3x/wk max), such as low level therabands, rows, etc. Transition to home exercise program
 - Goals: Increase activity stepwise as tolerated and directed
 - **We advise against intense sports/activity with explosive movements, or risk for forceful twisting of the arm until 6 months post-op**

