

DISTAL BICEPS REPAIR REHAB GUIDELINES

- Hinged elbow brace with no flexion block
- Drop-lock at 90 degrees when not performing exercises. Remove to do exercises
- Edema control
- Exercises: Teach HEP of 10 reps (20 sec per rep) 5 x per day
 - Passive, well-arm assisted motion
 - Full pronation and full supination at 90 degrees
 - Full flexion, extension to limits described below

Patient must perform PROM (well-arm assisted) 5x per day using the following ROM limits:

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| Week 0-2: | 60 degree extension block |
| Week 2-4: | 40 degree extension block |
| Week 4-6: | 20 degree extension block |
| Week 6: | Discard brace & start active elbow motion, no lifting > 1 pound |
| Week 7+: | May lift up to 5 pounds, add 5 pounds every 2 weeks until max achieved. |