

## **Distal Biceps Repair**

### **Phase I (week 1)**

- Posterior splint at 90 degrees of elbow flexion
- Wrist and hand gripping exercises

### **Phase II (week 2–6)**

- Elbow ROM brace
  - Week 2 @ 45–100
  - Week 4 @ 30–115
  - Week 6 @ 15–130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5–6, isometric triceps exercises

### **Phase III (week 6–10)**

- Elbow ROM
  - Discontinue brace week 8 (0-145)
- Week 8 begin
  - Light isotonic triceps
  - Isotonic wrist flexors/extensors
  - Shoulder isotonic
  - Continue rotator cuff and scapular exercises
  - Progress weight 1 lb. per week

### **Phase IV (week 10-16)**

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10–12, initiate UBE

### **Phase V (week 16–26)**

- Light biceps isotonic (week 16)
- Plyometrics
  - Two-handed @ week 16
  - Progress to one-handed at week 20-22

### **Phase VI (week 26 and beyond)**

- Return to activity (sport specific training)