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Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Distal Biceps Tendon Repair**

General

- First follow-up with MD at approximately 10-14 days after surgery
- Stitches removed if well-healed
- Placed in hinged elbow brace limiting elbow extension to 80-90 degrees
- Add 10 deg extension to resting position per week

Phase I – at approximately 2-6 weeks post-op

- Scar management
- Gentle PASSIVE flexion without limitation – no AROM or resistance
- Gentle PASSIVE supination and pronation as tolerated – no AROM or resistance
- Gravity-assisted active extension to resting position (75-90 flexion), adding 10-15 degrees per week (adjust brace accordingly) – GOAL: full extension by week 8.
- SLOW progression into extension!!!

Phase II – 6-8 weeks post-op

- Begin gentle AROM, AAROM, and PROM as tolerated for elbow flexion, supination, and pronation
- Gentle PASSIVE ROM into extension
- Expect residual elbow extension limit to be approximately 15-30 degrees; may now slowly advance to full extension over next 2-4 weeks
- Begin gentle strengthening in all planes – ISOMETRIC ONLY
- May discontinue splint for protection
- May continue to use brace at night to assist with gaining extension end motion (static extension at night)

Phase III – begins at 8-10 weeks post-op

- Advance full active and passive range of motion as tolerated
- Begin gentle ISOTONIC strengthening in all directions
- Progress slowly
- Full ROM, strength and endurance typically expected at about 4 months

Frequency: 2-3x per week

Duration: 16-20 weeks

Special instructions: _____

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