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Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

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## Physical Therapy Protocol – Distal Biceps Repair

	<b>Range of Motion</b>	<b>Brace Use</b>	<b>Therapy*</b>
<b>Phase I</b> 0-2 weeks	None	Splint at all times.  Hinged elbow brace at 2 weeks.	<ul style="list-style-type: none"> <li>• Shoulder, wrist, hand ROM</li> <li>• Modalities: heat before, ice after</li> </ul>
<b>Phase II</b> 2-6 weeks	Begin P/AAROM  Extension to 45°.  Full active flexion.  Advance extension by 15° each week.	Hinged brace unlocked with extension stop at 40°.  Unlock brace by 15° each week until full extension.  Brace at all times except hygiene and exercises. Wear brace while sleeping.	<ul style="list-style-type: none"> <li>• Continue shoulder, wrist, hand ROM</li> <li>• Shoulder and scapular strengthening from above elbow</li> <li>• <b>No active elbow flexion until 8 weeks.</b></li> </ul>
6-8 weeks	Begin A/AAROM to obtain full extension.  Full passive flexion	D/C brace at 6 weeks.	<ul style="list-style-type: none"> <li>• Begin rotator cuff and deltoid isometrics</li> </ul>
<b>Phase III</b> 8-12 weeks	Progress to full active and passive motion.	None	<ul style="list-style-type: none"> <li>• Begin elbow flexion and extension exercises against gravity</li> </ul>
<b>Phase IV</b> 12-16 weeks	Full painless motion	None	<ul style="list-style-type: none"> <li>• Begin gentle progressive elbow flexion strengthening</li> </ul>
<b>Phase V</b> 4-6 months	Full painless motion	None	<ul style="list-style-type: none"> <li>• Advanced strengthening</li> <li>• Sport specific training</li> <li>• Return to full activities as tolerated</li> <li>• Return to play when cleared by surgeon</li> </ul>

\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).