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Distal Biceps Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> Pain and edema control Protect repair 	<ul style="list-style-type: none"> Transition from splint to custom brace 7-10 days postop 	<ul style="list-style-type: none"> Passive ROM 90° to full flexion PROM exercises may be done in supine position using triceps to actively extend and lower elbow. Scar Tissue Mobilization 	<ul style="list-style-type: none"> No resisted supination x 6 wks No resisted elbow flexion x 6 wks
Phase 2 (2-4 weeks) Goals: <ul style="list-style-type: none"> Full PROM supination and pronation Full PROM flexion 	<ul style="list-style-type: none"> Custom removable brace at all times except for exercises 	<ul style="list-style-type: none"> Progress to 45° - full flexion passive ROM PROM exercises may be done in supine position using triceps to actively extend and lower elbow. Full A/PROM pronation Full PROM supination Scar Tissue Mobilization and edema control 	<ul style="list-style-type: none"> Hand and wrist No resisted supination x 6 wks No resisted elbow flexion x 6 wks
Phase 3 (4-6 weeks) Goals: <ul style="list-style-type: none"> Achieve full PROM 	<ul style="list-style-type: none"> Custom removable brace at all times except for exercises 	<ul style="list-style-type: none"> Progress to full PROM Maintain full ROM pronation/supination Progress to AROM supination 	<ul style="list-style-type: none"> Light stretching of biceps may be incorporated at first end-feel Hand and wrist No resisted supination x 6 wks No resisted elbow flexion x 6 wks
Phase 4 (6-8 weeks) Goals: <ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> D/C brace 	<ul style="list-style-type: none"> Start AAROM and progress to full AROM elbow 	<ul style="list-style-type: none"> Continued stretching with joint limitations or tissue limitation. Stretching to mid-range within tolerance If full active and passive ROM are achieved: <ul style="list-style-type: none"> Begin light load resistance (do not combine elbow flexion and wrist supination) with high repetition Lifting no greater than 5 lbs.

<p>Phase 5 (8-10 weeks) Goals</p> <ul style="list-style-type: none"> • Maintain Full ROM • Progress to 10lbs resisted elbow flexion 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM • Contact Dr. Ridley if full ROM not achieved 	<ul style="list-style-type: none"> • Progress to 10lbs resisted elbow flexion • Combination movements with 5lbs
<p>Phase 6 (12 weeks) Goals</p> <ul style="list-style-type: none"> • Improve elbow flexion strength 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM 	<ul style="list-style-type: none"> • Progress to heavier load lifting as tolerated per functional goals/needs