



# Town Center

## ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

### **Distal Biceps Repair Rehabilitation**

#### **6-7 Weeks from Surgery**

- Initiate physical therapy sessions 1-3 times/week.
- Discontinue brace use when active **full** extension achieved.
- Scar mobilization/desensitization.
- Active and AAROM is initiated for the wrist and hand.
- Start with Bicep/Triceps isometric strengthening.

#### **8-12 Weeks from Surgery**

- Full PROM and AROM.
- Upper extremity strengthening may be initiated beginning with a 1 pound weight. Emphasis should be placed on progressively strengthening the elbow, forearm, wrist and hand.
- Continue the progressive strengthening program. Emphasis should be placed on a home exercise program to progressively build upper extremity endurance and strength.
- Light functional activities
- Wall push ups – week 12
- Chest press to neutral – week 12

#### **12-20 Weeks from Surgery**

- Include plyometric exercises (i.e. chest pass, overhead pass)
- Progress resistive exercises and intensive elbow exercises
- Progress functional and sport specific activities