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Distal Biceps Repair

	RANGE OF MOTION*	BRACE	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	None.	Hinged brace set at 90 degrees. Worn at all times except for hygiene.	Shoulder, wrist, hand ROM. Modalities: heat before, ice after.
PHASE II 4-6 weeks	Begin A/AAROM. Extension to 30 degrees. Passive flexion to 120 degrees.	Hinged brace set with range from 30-90 degrees	Continue shoulder, wrist, hand ROM. Scapular strengthening from above elbow.
6-8 weeks	Begin A/AAROM to achieve full extension. Full passive flexion.	Hinged brace set with range from 0 – 90 degrees.	Begin RC and deltoid isometrics
PHASE III 8-12 weeks	Progress to full motion. Correct deficits	Discontinue brace.	Begin elbow flexion and extension exercises against gravity.
PHASE IV 12 – 16 weeks	Full painless motion.	None.	Begin gentle progressive elbow flexion strengthening exercises.
PHASE V 4 – 6 months	Full.	None.	Advanced strengthening. Sportspecific training. Return to full activities as tolerated.