

DR. Klumb's Distal Biceps Repair

Phase 1- Early Protective Phase (0 to 2 Weeks)

Goals for phase 1

- Protect surgical repair
- Maintain motion at 90 degrees of flexion

Other considerations

- Maintain sling
- **MOST OFTEN PATIENT not initiated into therapy until 2 week post op appt.**

Immobilization

- Patient is fitted in an plaster long arm splint and is placed in 90 degrees of flexion and forearm in neutral

AROM

- Shoulder pendulums
- AROM of wrist flexion and extension with forearm in neutral
- AROM of unaffected joints as needed

Manual Therapy

- Edema management

Phase 2 – Initiate Motion (3 to 9 weeks)

Goals for phase 2

- Progress ROM gently working towards full elbow extension
- Maintain 1lb lifting restriction

Immobilization

- Maintain Sling if not working with therapy or doing HEP until 5 weeks postoperatively

AROM

- Continue AROM of unaffected joints
- Gentle AROM of elbow extension and flexion

- AROM of forearm supination and pronation with elbow at 90 degrees of flexion
- Week 4-5 may Begin PROM of elbow flexion
- Week 7-8 may Begin PROM of elbow extension and forearm pronation and supination

Manual Therapy

- Scar mobilization and Edema management as needed

Strengthening

- Week 8
 - Sub- maximal isometric wrist flexion and extension with elbow at 90 degrees of flexion
 - Begin gentle grip and pinch strengthening with elbow at 90 degrees of flexion

Modalities

- Modalities as needed for pain and ROM

Phase 3- Strengthening (10 + weeks)

Goals for phase 3

- Restore range of motion
- Restore strength
- Return to function
- Return to work and sports

Other considerations

- Return to work and/or sport with MD approval
- Lifted of restrictions between 12-14 weeks post-operatively

AROM

- Continue to maximize both AROM and PROM in all places
- PROM of supination and pronation

Manual Therapy

- Scar mobilization as needed
- Edema mobilization as needed

Strengthening

- Week 8
 - o Sub-maximal shoulder isometric exercises in extension, external rotation, abduction, and adduction
- Week 9
 - o Sub-maximal shoulder flexion isometric exercises
- Week 12
 - o Isotonic strengthening of elbow and forearm

Modalities

- Modalities as needed

Work Rehabilitation

- 14 weeks or with MD approval: initiate a work rehabilitation program for patients with high-demand, heavy manual labor occupation if needed