**DISTAL BICEPS TENDON POST-OP PHYSICAL THERAPY PRESCRIPTION**

**IMMOBILIZATION**

* Posterior splint
* Elbow immobilization at 90 degrees for 7-10 days

**BRACE**

* + Elbow placed in ROM brace at 7-10 days post-operative
  + ROM set at 45 degrees to full flexion
  + Gradually increase elbow ROM in brace
  + Brace or sling is discontinued at 8 weeks

**Range of Motion Progression:**  
Week 2: 45 degrees to full elbow flexion.  
Week 3: 45 degrees to full flexion.  
Week 4: 30 degrees to full elbow flexion.  
Week 5: 20 degrees to full elbow flexion.  
Week 6: 10 degrees to full elbow flexion; full supination-pronation  
Week 8: Full ROM of elbow; full supination-pronation.

**RANGE OF MOTION EXERCISES**

* + Week 3-5: passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation
  + Week 6-8: initiate AAROM elbow flexion
  + Week 9: active ROM elbow flexion

**STRENGTHENING PROGRAM**

* Week 2-3: isometrics for triceps and shoulder muscles
* Week 9: active ROM, no resistance applied
* Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation ; Begin with one pound and gradually increase shoulder strengthening program
* Week 14: may initiate light weight training such as bench press and shoulder press

**6 months:** May return to vigorous labpor; Continue to strengthen for 1 year