

**Bonnie P. Gregory, MD**  
**DISTAL BICEPS REPAIR**  
**REHABILITATION PROTOCOL**

	Range of Motion	Sling	Strength
<i>PHASE 1</i> <i>0-2 weeks</i>	<b>Post-operative splint in place until first post-op visit</b>	Sling worn while in splint	Grip strengthening
<i>PHASE 2</i> <i>2-6 weeks</i>	<ul style="list-style-type: none"> <li>• Week 2: brace locked from 60 degrees to full flexion</li> <li>• Week 3: brace locked from 40 degrees to full flexion</li> <li>• Week 4: brace locked from 30 degrees to full flexion</li> <li>• Week 5: brace locked from 20 degrees to full flexion</li> <li>• Week 6: brace unlocked, full motion allowed</li> </ul>	Brace: hinged elbow brace provided at 10-14 days following surgery (at 1st postoperative visit)	<p>o Weeks 2-3:</p> <ul style="list-style-type: none"> <li>i. PROM into flexion and supination IN BRACE</li> <li>ii. AAROM into extension and pronation IN BRACE</li> <li>iii. IMPORTANT à pronation/supination always performed at 90 degrees of flexion</li> </ul> <p>o Weeks 4-6:</p> <ul style="list-style-type: none"> <li>i. Add AAROM into flexion (not supination) IN BRACE</li> <li>ii. Add grip exercises</li> </ul>
<i>PHASE 3</i> <i>6-12 weeks</i>	<b>Full</b>	None	<p>Exercises: initiate gentle elbow and forearm strengthening; no lifting/carrying &gt; 5lbs, no repetitive use</p> <p>Begin sports related rehab <b>at 3 months</b>, including advanced conditioning</p> <p>Return to throwing and begin swimming <b>at 3 months</b>,</p>



For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>