

# Palmetto Health USC

## ORTHOPEDIC CENTER

104 Saluda Point Drive  
Lexington, SC 29072  
(803) 296-9205  
Distal Biceps Repair

Physical therapy to begin at 3 weeks

\*exercises can be done out of the brace\*

**PHASE I** (3 weeks), progress brace 10° per week

**BRACE:** 30° to full elbow flexion

**EXERCISES:** Shoulder isometrics  
Bicep isometrics ( at 90°)  
Tricep isometrics  
Gripping exercises

**SCAR MASSAGE**

**PROM:** Flexion/ extension stop at 30°  
Supination emphasis  
3 to 6 weeks begin PROM to end feel

**PHASE II** (4 weeks to 5 weeks)

**BRACE:** 20° to full elbow flexion (4 weeks), 10° to full elbow flexion (5 weeks)

**EXERCISES:** Initiate AAROM flexion/extension  
Initiate Active forearm supination/pronation

**PROM:** Full ext by 6 weeks

**PHASE III** (6 weeks to 8 weeks)

**BRACE:** 0° to full elbow flexion, D/C @ MD discretion

**EXERCISES:** Active elbow flexion (stop at pain, patient tolerance)  
Light strengthening are initiated with light tubing for shoulder and elbow  
Active forearm/wrist strengthening (PRE program)

**PHASE IV** (12 wks) Progressive Resistance Exercise (PRE) for the bicep

\*Special Considerations\*: **Golf:** 3 months chip and putt  
4 months: 50- 75% swing  
**General Sports:** 6 months (possibly longer at MD discretion)