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Post-Operative Physical Therapy
Distal Biceps Repair

Post-Op:

- Splint at 90° in supination for 2 – 3 weeks.
- Sleep with brace locked to prevent inadvertent active flexion.
- Splint / Brace
 1. Partial repair: d/c at 3 weeks
 2. Complete repair: d/c at 6 weeks
- Note angle where tension on repair – flex 40° above this, then start supination / pronation here immediately post-op.
- Begin active extension, passive flexion by 2 – 3 weeks. Limit extension to point where tension on repair noted intra-operatively.
- For motion: rest arm on table, with forearm hanging over edge. Can then actively extend. Flexion done passively.
- Sleep with brace locked to prevent inadvertent active flexion.
- Splint / Brace
 1. Partial repair: d/c at 3 weeks
 2. Complete repair: d/c at 6 weeks
- Full extension at 6 weeks.
- No active flexion until 6 weeks.
- No strengthening until 12 weeks.
- Return to vigorous labor at 6 months.
- Continue to strengthen for 1 year.