

Central Indiana Orthopedics
14300 E 138th St
Building B
Fishers, IN 46037

DISTAL BICEPS REPAIR PT PROTOCOL

Weeks 0-2

Sling at all times, except for therapy. No formal therapy at this point.

- Take arm out of sling 3-4 times per day to allow gravity to straighten arm.
- Passive supination as tolerated
- Passive pronation as tolerated to 60°

Weeks 2-6

Sling when out-and-about, off at home. Begin physical therapy during this time.

- Gentle PROM for elbow flexion and extension as tolerated. Fingertip pressure only.
- PROM pronation and supination as tolerated to full
- No active elbow motion or strengthening

Weeks 6-12

Begin AAROM

- Flexion, extension, pronation, supination
- Should have normal motion during this time

Week 12 and on

Progress to AROM

- Flexion, extension, pronation, supination
- May start gentle strengthening (1-3 pounds)
- Increase up to 5 lbs per week as tolerated to full strength
- Resume normal daily activities