

**Dr. Pathik Shah**  
**Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon**  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship (California, USA),  
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Diploma in Football medicine (FIFA)

## **PHYSICAL THERAPY PRESCRIPTION**

### **PROCEDURE: DISTAL BICEPS REPAIR**

#### **Expected Rehab Timeline**

**0-2 weeks: splint**

**2-4 weeks: brace 30-130**

**4-6 weeks: brace 10-130**

**6-8 weeks unlock then D/C brace when comfortable**

**PT begins week 3 or 4.**

#### **EARLY POST-OP (0-2 WEEKS)**

##### ***GOALS:***

Pain and edema control

##### ***EXERCISES/RESTRICTIONS:***

Posterior mold splint and sling until first post-op visit

Finger exercises

Shoulder range of motion

#### **PHASE I (2-6 WEEKS)**

##### ***GOALS:***

Tendon healing

##### ***EXERCISES/RESTRICTIONS:***

Splint removed at first post-operative visit and changed to a brace

No active supination or elbow flexion

No lifting

Gripping exercises

Ice before and after rehab exercises

Modalities (stim, US)

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## **PHASE II (6-12 WEEKS)**

### ***GOALS:***

Regain elbow range of motion

### ***EXERCISES/RESTRICTIONS:***

Unlimited active ROM and gentle passive ROM past week 6  
More aggressive passive ROM past week 8 to restore full and normal ROM  
Strengthening: Begin if range of motion is near full:

- Gentle strengthening
  - o Start at 1 lb for wrist extensors and flexors
  - o Start at 3 lbs for biceps and triceps
  - o Progress 1 lb per week
- Resisted pronation and supination.
- Can begin with Isometric exercises at week 6-8

Ice before and after rehab exercises

Modalities (stim, US)

## **PHASE III (>12 WEEKS)**

### ***GOALS:***

Preparation and initiation of activity

### ***EXERCISES/RESTRICTIONS:***

Progress lifting in all forearm positions as tolerated

Progress to concentric and eccentric exercise as tolerated at week 12

Full return to activity when strength is symmetric and range of motion is normal