

Name _____

Date _____

Physician _____



Patient Flow Sheet

Distal Biceps Repair

Phase I – Maximum Protection (0 to 7 Days):

0 to 7 Days:

- Complete Immobilization in 90° Splint^{oo}
- Sling For 6 Weeks

Phase II – Progressive Stretching and Passive Motion (1 - 6 Weeks):

Weeks 1-3:

- Discontinue sling at 6 weeks
- Brace 90° to full flexion; may remove for therapy
- Begin passive elbow flexion – full range; Passive and active extension to 90°
- Begin active shoulder protraction/retraction

Weeks 3 to 6:

- Maintain program as outlined in weeks 1 to 3
- Initiate gentle active/passive extension to 0°
- Initiate passive supination

Phase III – Active Motion (Weeks 6 to 8):

Weeks 6 to 8:

- Discontinue brace at 6 weeks
- Begin active range of motion of the elbow and wrist in all planes
- Begin rotator cuff and scapular strengthening program
- Scapular stabilization exercises

Phase IV – Strengthening (Week 8 to 12):

Weeks 6 to 8:

- Continue with end range stretching
- Begin resisted biceps strengthening
- Begin wrist and forearm strengthening all planes

Weeks 12:

- Begin global upper extremity gym strengthening program
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate Plyometric Drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

Phase V – Return to Sport (Week 12-16)

- Follow-up appointment with physician
- Initiate return to sport program per physician approval