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Shoulder and Elbow Surgery jamesgregorymd.com

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Distal Biceps Repair Protocol

Name: Da	ite:
Diagnosis:	
Date of Surgery: Next Physician Appointment:	
requency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks	
Week 1-3:	
Patient does not wear brace or splint. Sling for comfort only.	
 Advance forearm/elbow ROM – AAROM advance as tolerated to AROM within pain-free rang 	ge
Edema control	
Heat before, ice after exercise sessions	
Gentle passive end-range stretching	
Gentle hand, wrist and shoulder ROM as tolerated	
Goal: full forearm rotation, full flexion, 40 degrees of extension	
Weeks 3-6:	
Advance ROM as tolerated	
Gentle passive end-range stretching	
Edema control, scar massage	
Heat before, ice after exercise sessions	
Putty for grip strengthening	
Goal: full forearm rotation, full elbow ROM	
Weeks 6-24:	
Stretching to obtain full ROM if ROM lacking	
Edema control, scar massage	
Begin strengthening exercises for forearm, elbow, scapular stabilizers. Advance as tolerated.	
Goal: full weights by 3 months	
Return to heavy work by 6 months	
Comments:	
Teach Home Exercise Program	
Modalities Light before the form of the control of	Thoronist's discretion
Heat before Ice after Other	_ Therapist's discretion
ignature	



