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## **DISTAL BICEPS REPAIR PROCEDURE POSTOPERATIVE PROTOCOL**

### **0-2 Weeks**

- Splint is worn until first follow up visit
- Keep splint clean and dry
- Return visit to the office for a visit 1-2 weeks after surgery

### **2-6 Weeks**

- Splint will be removed
- Sling immobilization is used for 6 weeks - sling is only removed for hygiene, showering and therapy
- Begin passive and active assisted elbow flexion, extension, supination and pronation - Progress to regain elbow full range of motion
- Begin active motion of the wrist and hand
- No strengthening exercises
- Return visit to the office for a 6 week visit

### **6-12 Weeks**

- Discontinue sling immobilization
- Begin active elbow flexion, extension, supination and pronation - Progress to regain full elbow range of motion
- Continue active range of motion of wrist and hand
- No strengthening exercises
- Return visit to the office for a 12 week visit

### **3-6 Months**

- Continue active elbow flexion, extension, supination and pronation - Progress to regain full elbow range of motion
- Continue active range of motion of wrist and hand
- Begin progressive biceps and triceps strengthening - Advance strengthening as tolerated
- Return visit to the office for a 6 month visit

*This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.*