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Distal Biceps Repair Rehabilitation Protocol

Phase One (Weeks 1-3)

- Decrease pain.
- Edema control
- Brace – 75deg to 90deg ROM allowed from POD #1 for very gentle passive ROM
- Increase extension 15deg per week
- Active extension allowed
- Active flexion is to be avoided.

Phase Two (3-6 weeks)

- Brace is discontinued at 3 weeks
- Full extension obtained by 6 weeks
- Active extension allowed
- Transition to Active assisted flexion

Phase Three (6-12 weeks)

- Active elbow flexion is started
- Lifting is started at 5lbs and increased 5lbs per week if patient can tolerate.

Phase Four (12 + weeks)

- Gradual return to all activities as tolerated without restriction