

Michael C. Stanton, M.D.
michaelstantonmd.com

Henrietta Office
125 Red Creek Drive, Suite 205,
Rochester, NY 14623
(585) 723-7600 Fax (585) 334-6373

Chili Office
2115 Chili Avenue
Rochester, NY 14624
(585) 723-7600 Fax (585) 247-0075

Distal Biceps Repair

Phase I

0-3 weeks:

- No motion of elbow. Keep splint/brace locked at 90° at all times.
- Must keep elbow at 90° if brace is removed for hygiene.
- Gentle wrist and shoulder range of motion.

Phase II

3-6 weeks:

- Wear brace at all times, only remove for hygiene.
- Active extension to 30° while in brace
- No active flexion.
- Gentle joint range of motion, max 30° extension.

Phase III

6-9 weeks:

- Wear brace at all times, only remove for hygiene.
- Active extension to 0° while in brace
- No active flexion.
- Gentle joint range of motion to achieve full extension.

Phase IV

9-12 weeks:

- Can discontinue use of brace.
- Gradual advance range of motion as tolerated.
- Begin active flexion exercises against gravity.

Phase V

12 weeks – 6 months:

- Gradual return to full and pain free range of motion
- Begin gentle flexion strengthening.
- Return to full activities without restriction in 4-6 months based on progress in physical therapy.