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## Distal Bicep Repair Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

### Weeks 1-4:

- Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion with wrist free.
- Dressing changed at 7-10 days after surgery
- Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

### Weeks 4-6:

- Brace adjusted to 30 degrees extension, may begin active assisted flexion to 90 degrees in brace

### Weeks 6-8:

- Discontinue the use of the Bledsoe Brace
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated
- Begin muscle strengthening exercises for wrist and forearm

### Months 2-3:

- May begin elbow strengthening

### Comments:

\_\_\_\_\_  
\_\_\_\_\_

### Additional:

\_\_\_ Functional Capacity Evaluation \_\_\_ Work Hardening/Work Conditioning \_\_\_ Teach HEP

### Modalities:

\_\_\_ Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis \_\_\_ TENS \_\_\_ Heat before/after

\_\_\_ Ice before/after \_\_\_ Trigger points massage \_\_\_ Other: \_\_\_\_\_

\_\_\_ Therapist's discretion

Signature: \_\_\_\_\_

Date: \_\_\_\_\_