



Jeffrey H. Berg, MD  
Gaurav Bhatia, MD  
Stephanie Clop, MD  
Thomas B. Fleeter, MD  
George Kartalian, MD  
David R. Miller, MD  
Dhruv Pateder, MD  
James D. Reeves, MD  
Raymond Thal, MD

1860 Town Center Dr., Suite 300 Reston, VA  
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA  
(703) 378-4860

## **Distal Biceps Repair**

### **Recovery Timeline**

#### **Week 1 Post-Surgery**

- Wear splint and dressings until your visit with MD one week after surgery.
- We DO NOT recommend that you drive while required to wear your splint, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Use ice for post-operative pain and swelling relief.
- 1 week follow up with MD for suture removal and brace fitting.

#### **Weeks 2-3 Post-Surgery**

- Wear brace full-time. Unless otherwise instructed, do not change the brace settings that we have set.
- We DO NOT recommend that you drive while required to wear your brace, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Use ice for post-operative pain and swelling relief.
- 3 week follow up with MD for brace adjustment.

### **Weeks 3-6 Post-Surgery**

- Continue to wear the brace as instructed full-time until full active extension (straightening) of your elbow.
- We DO NOT recommend that you drive while required to wear your brace, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Perform home exercises as instructed and demonstrated in office
- 5 week follow up with MD for brace adjustment

### **Weeks 7-12 Post-Surgery**

- 7 week follow up with MD
- Initiate physical therapy around week 7 post-op or as instructed by MD.
- You will perform Range of Motion (ROM) exercises in PT and at home.
- Progress active and passive range of motion of your elbow.
- You will begin resistive exercises for your elbow.
- You will begin and increase functional activities including reaching and lifting light weight.

### **Weeks 12-20**

- 3-month follow-up with MD
- Progress pain free strengthening of your elbow.
- 3-4 months post op: You may resume running
- Include plyometrics exercises (i.e. chest pass, overhead pass)
- Progress functional and sport specific activities

### **6 months**

- May resume elbow intensive activities, overhead sport activities, contact sports