



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 Rehabilitation

6-7 Weeks from Surgery

- Initiate physical therapy sessions 1-3 times/week.
- Discontinue brace use when active **full** extension achieved.
- Scar mobilization/desensitization.
- Active and AAROM is initiated for the wrist and hand.
- Start with Bicep/Triceps isometric strengthening.

8-12 Weeks from Surgery

- Full PROM and AROM.
- Upper extremity strengthening may be initiated beginning with a 1 pound weight. Emphasis should be placed on progressively strengthening the elbow, forearm, wrist and hand.
- Continue the progressive strengthening program. Emphasis should be placed on a home exercise program to progressively build upper extremity endurance and strength.
- Light functional activities
- Wall push ups – week 12
- Chest press to neutral – week 12

12-20 Weeks from Surgery

- Include plyometric exercises (i.e. chest pass, overhead pass)
- Progress resistive exercises and intensive elbow exercises
- Progress functional and sport specific activities