

UCSF Physical Therapy Referral

Surgery: Distal biceps repair

PT 1-2 times a week for 8-10 weeks

Brace

Elbow placed in hinged ROM brace

ROM set 40 degrees to full flexion initially.

Gradually increase elbow extension limit in brace over 6-8 weeks

Range of Motion Progression

Week 2: 40 degrees to full elbow flexion.

Week 3: 40 degrees to full flexion.

Week 4: 30 degrees to full elbow flexion.

Week 5: 20 degrees to full elbow flexion.

Week 6: 10 degrees to full elbow flexion; full supination-pronation

Week 8: Full ROM of elbow; full supination-pronation.

Range of Motion Exercises and PT goals

Phase I: 0 to 6 Weeks

Clinical Goals:

Protective Phase

Scar tissue prevention

Cryotherapy for pain and swelling control 3-5x/day

Soft tissue work and scar massage once incision well healed to prevent scarring\

Weeks 2-3: Passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation (within limits of extension as above)

Weeks 3-4: Initiate active-assisted ROM elbow flexion.

Week 4: Active ROM elbow flexion.

Strengthening Program

Week 1: Isometrics for triceps and shoulder muscles.

Week 2: Isometrics (submaximal biceps curls)

Weeks 3-4: Active ROM, no resistance applied

Week 8: PRE program is initiated for elbow flexion and supination-pronation.

Begin with one pound and gradually increase.

Program shoulder strengthening program

Weeks 12-14: May initiate light weight training such as bench press and shoulder press.

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