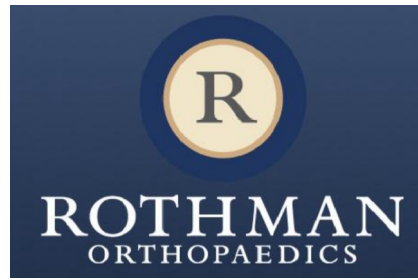


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Distal Biceps Repair Physical Therapy Protocol

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

Diagnosis s/p RIGHT/LEFT Distal Biceps Tendon Repair

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

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 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 to hinged elbow brace
  - In brace can perform passive flexion to 100 degrees and progress to passive full flexion by 4 weeks
  - No active flexion
  - Ok to actively extend to 45 degrees
- 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, progressing to 0 degrees by 6 weeks,
- May begin active assisted flexion to full 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:

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

Modalities

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

\_\_\_ Ice after \_\_\_ Trigger points massage \_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_