

Distal Biceps Repair Home Exercises

0-2 weeks postop

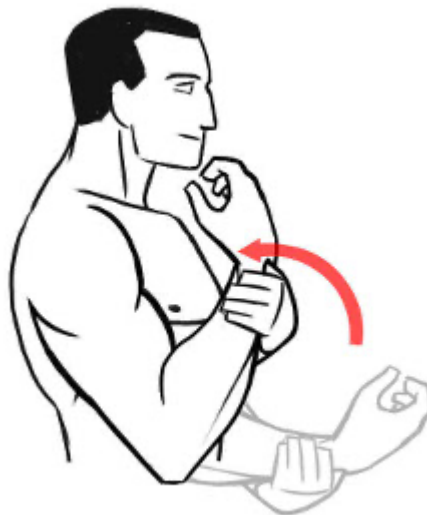
- Splint and postoperative dressing remains in place for the 10-14 days.
- Can use fingers and hand
- Keep splint clean and dry

2-6 weeks postop

- Dressing removed, OK to shower (no baths, pools, or Jacuzzi/hot tub)
- Elbow placed in hinged brace
- Brace to be removed only for exercises, dressing, showering
- Initiate elbow exercise program 5 times per day:
 - PROM into flexion, extension, supination and pronation
 - No strengthening exercises

For all exercises: Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for 5 seconds and then work up to where you can hold it for a count of 10. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times, trying to help the arm up a little higher each time.

1) Passive Elbow Flexion

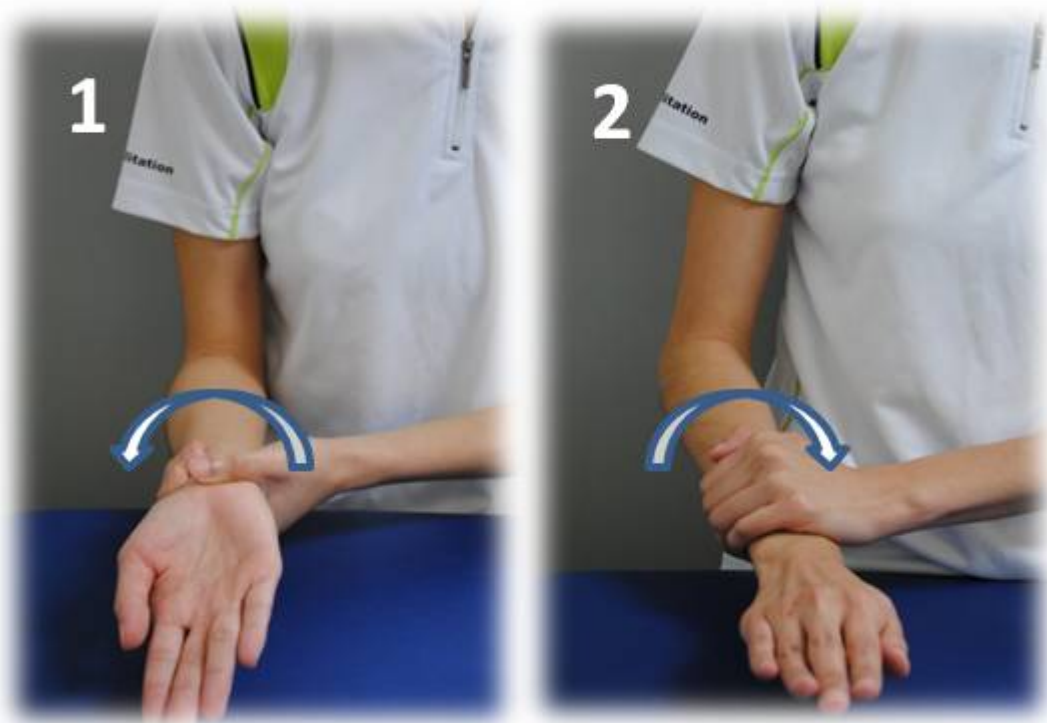


2) Passive Elbow Extension



**can also do this in seated position

3) Passive Forearm Pronation and Supination



6-12 weeks postop

- Start formal PT, focusing on strengthening