

Todd C. Battaglia, MD, MS  
Syracuse Orthopedic Specialists, PC

**Patient name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:  
Distal Biceps Tendon Repair - CHRONIC**

**General**

- Splint placed at time of surgery
- First follow-up with MD at approximately 10-14 days after surgery
- Stitches / staples removed if well-healed
- Placed in hinged elbow brace essentially immobilizing elbow; rigid block to elbow extension at 80-90 degrees

**Phase I – approximately 2-8 weeks post-op**

- Scar management
- Brace at all times except for therapy
- Gentle **PASSIVE** flexion without limitation – no AROM or resistance
- Gentle **PASSIVE** supination and pronation as tolerated with elbow at 90 degrees. No AROM or resistance
- No extension past 80-90 degrees. May do gravity-assisted active extension to resting position (75-90 flexion)

**Phase II – 8-12 weeks post-op**

- Begin gradual, gentle extension - maximum 10 degrees per week. (Goal is full extension at approximately 12 weeks.)
- Brace will be continued with range of motion set by MD
- Absolutely no strengthening with extremity.

**Phase III – 12-24 weeks post-op**

- May d/c brace completely
- Advance full PROM and AAROM in all directions as tolerated
- Begin gentle strengthening - begin no more than 5lbs elbow flexion and supination. Advance gradually; unlimited lifting / strengthening expected at ~20-24 weeks

**Phase IV – 20-24 weeks post-op**

- Full strengthening without restriction
- Return to full activity at MD discretion

**Frequency: 2-3x per week**

**Duration: 20-24 weeks**

**Special instructions:** \_\_\_\_\_

---

Todd C. Battaglia, MD, MS