

Physical Therapy Prescription Distal Biceps Tendon Repair

Patient Name:

Today's Date:

Surgery Date:

Diagnosis: s/p (LEFT / RIGHT) Distal Biceps Tendon Repair

Post-Op

- Splint @ 90 degrees in supination for 2-3 weeks
- Start Passive Supination / Pronation immediately post-op

2-3 weeks

- Begin Active Extension, Passive Flexion.
Progress by 15 degrees per week to achieve 0 degrees @ 6 weeks
- Limit motion to _____
- Limit extension to point where tension on repair noted intra-operatively
- For motion: rest arm on table, with forearm hanging over edge.
Can then actively extend
- Consider Double Upright Hinged Brace.
- Sleep with brace locked to prevent inadvertent active flexion

6 weeks

- Full extension
- Begin Active Flexion
- Begin Flexion and Supination PRE

12 weeks

- Isokinetics

6 months

- May return to vigorous labor
- Continue to strengthen for 1 year

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ M.D.