



## Distal Biceps Repair Rehabilitation with Milestones

**Patient Name:** \_\_\_\_\_

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

**Sling** – the sling is to be worn for comfort only and can be removed as tolerated

**Specific instructions:** No passive stretching.

### 0-2 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early elbow rehabilitation exercises.

### 2-6 weeks

- Early Closed Kinetic Chain exercises.
- Progressive Closed Kinetic Chain exercises.

<u>Milestones:</u>	<u>Tick Box</u>
❖ Full activity range of movement by 3-4 weeks post op	<input type="checkbox"/>
❖ Driving at 6 weeks	<input type="checkbox"/>

### 6-12 weeks

- Open Kinetic Chain Exercises
- Isometric strengthening
- Theraband extension strengthening

<u>Milestones:</u>	<u>Tick Box</u>
❖ Light /sedentary work at 6-8 weeks	<input type="checkbox"/>
❖ Swimming 8 to 12 weeks	<input type="checkbox"/>
❖ Golf at 8 weeks	<input type="checkbox"/>

### 12 weeks

- Progressive theraband strengthening
- Plyometrics
- Specific biceps strengthening

<u>Milestones:</u>	<u>Tick Box</u>
❖ Return to sports	<input type="checkbox"/>
❖ Heavy / Manual labour 4 to 6 months	<input type="checkbox"/>

**Patient Appointment Notes**

**2 Weeks**

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**6 Weeks**

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**12 Weeks**

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