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Distal Biceps Repair
Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-10 days post-op	Posterior elbow splint @ 90° with forearm in neutral First Post-op visit patient will be fitted for X-Act ROM brace 45° to 90° flexion	none	Start OT at first post-op visit for Finger ROM, hygiene instruction, Shoulder ROM as needed and submaximal Shoulder Isometrics
Phase 2: 2-3 weeks	X-Act ROM brace @ 2 weeks post-op: 45° to 90° flexion **Brace is worn at all time except for hygiene and exercises for 7-8 weeks**	Out of the brace gentle PROM from 45° to full elbow flexion	PROM for Elbow Flexion PROM forearm Supination with elbow at 90° AAROM for Elbow Extension AAROM forearm Pronation with elbow at 90°
Phase 3: 3-4 weeks	X-Act ROM brace @ 3 weeks post-op: 30° to 90° flexion	Out of the brace gentle ROM from 30° to full elbow flexion	Initiate Active-Assisted Elbow Flexion Progress to Passive Elbow Extension ROM
Phase 4: 4-6 weeks	X-Act ROM brace @ 4 weeks post-op: 20° to full elbow flexion @ 5 weeks post-op: 10° to full elbow flexion	Out of the brace gentle ROM to match brace settings	Initiate AROM for elbow flexion and extension (neutral) Initiate AROM for forearm pronation/supination, elbow @90° **Single plane motions only** Submaximal biceps isometrics with forearm in neutral
Phase 5: 6-8 weeks	X-Act ROM brace @ 7 weeks: Full ROM @ 8 weeks: D/C brace if demo's good motor control	Out of the brace gentle ROM to match brace settings	Initiate combined motions (extension with pronation) (flexion with supination) Scar tissue management
Phase 6: 8+ weeks	No brace	Full Pain-free AROM	Elbow PRE's beginning in neutral and working toward combined supination/flexion **12 weeks**: May return to weight lifting if cleared by surgeon; Initiate functional strengthening

MD post op appts:1 week, 6 weeks, 12 weeks;Please send OT progress notes prior to each of these visits
This protocol is not a substitute for clinical decision making of the health care professional.
Please see OT referral for any specific post op instructions; Call for op-reports if needed.

2026 - Midwest Orthopaedic Center - Peoria, IL