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**Distal Biceps repair**

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|---|--|---|
| <b>Sling Use</b>                        | <ul style="list-style-type: none"> <li>• Sling 1-2 weeks comfort only</li> </ul> |   |
| <b>Phase I:<br/>(Passive)</b>           | Weeks 1-2  | <ul style="list-style-type: none"> <li>• Early exercises (weeks 0-3) Do not stress repair into extension.</li> <li>• Begin Passive ROM – Elbow flexion/extension: 120° to - 30° (avoid 0-30° of terminal extension). Supination/pronation</li> <li>• NO stress on repair. Limit ROM to patient tolerance.</li> <li>• NO STRETCHING past patient tolerance</li> <li>• Passive ROM supination / pronation, no rotation near end range extension.</li> </ul> |
|   | Weeks 2-3  | <ul style="list-style-type: none"> <li>• Begin active extension in available ROM with passive flexion by 2 – 3 weeks (patient can perform in supine or prone where flexion is assisted by gravity).</li> <li>• Limit extension to point where tension on repair noted intra-operatively. If no extension stops limit extension to minus 30° of full extension.</li> </ul>   |
| <b>Phase II:<br/>(active/assistive)</b> | Week 3-6   | <ul style="list-style-type: none"> <li>• Increase supination/pronation/flexion to full. Slowly increase extension to full at 6 weeks.</li> <li>• Begin active flexion with no weight</li> <li>• Isometrics - submax</li> </ul>  |
| <b>Phase III:<br/>(resisted)</b>        | Week 6-7   | <p>Strengthening (weeks 6+)</p> <ul style="list-style-type: none"> <li>• Begin strengthening at 6-8 weeks.</li> <li>• Return to vigorous labor/sports at 3-4 months.</li> <li>• Continue to strengthen for 1 year.</li> </ul>   |