



# SIU MEDICINE

## ORTHOPEDICS

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### POST-OPERATIVE DISTAL BICEPS ALLOGRAFT REHAB GUIDELINES

Diagnosis/Surgery: \_\_\_\_\_

#### PHASE 1: WEEKS 1-2

##### Goals:

1. Protect repair
2. Decrease swelling

##### Activity:

1. Posterior splint with elbow at 90°
2. Active ROM of wrist and hand
3. Ice therapy

#### PHASE 2: WEEKS 2-3

##### Goals:

1. Protect repair
2. Decrease pain/swelling
3. Restore ROM

##### Activity:

1. Hinged elbow brace at all times except exercising or bathing
2. Passive assisted motion is begin at 3 weeks and continued to 6 weeks
3. Full passive flexion is permitted based on pain
4. Full extension avoided until the 6<sup>th</sup> week
5. Shoulder ROM as needed based on evaluation
6. Scar massage

PHASE 3: WEEKS 3-6

Goals:

1. Continue ROM restoration

Activity:

1. Grip strengthening
2. Gradually increase elbow ROM in brace and adjust brace accordingly

Week 2: Active extension limit 45°  
Week 3: Active extension limit 30°  
Week 4: Active extension limit 20°  
Week 5: Active extension limit 10°  
Week 6: Full active extension allowed

PHASE 4: WEEKS 6-8

Goals:

1. Restore use

Activity:

1. Discontinue hinged elbow brace if adequate motor control
2. Active motion for activities of daily living allowed
3. Progressive resisted exercise program for elbow flexion, extension, supination, and pronation

PHASE 5: >2 MONTHS

Goals:

1. Enhance functional use of extremity

Activity:

1. Activity as tolerated progresses from 3<sup>rd</sup> to 6<sup>th</sup> month
2. Sport specific training or work hardening as necessary
3. Progressive shoulder strengthening program

Additional Instructions:

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Elisabeth Robinson, MD

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Date