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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Distal Biceps Repair/Reconstruction**

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**Initial Post Operative Immobilization:**

- Posterior splint, elbow immobilization at 90° for 5-7 days with forearm in neutral position

**Hinged Elbow Brace**

- Elbow placed in a hinged ROM brace at 5-7 days postoperative. Brace set unlocked at 45° to full flexion.
- Gradually increase elbow ROM in brace (see below)

**Hinged Brace Range of Motion**

**ROM Progression may be adjusted based on intra-operative assessment**

Week 2	45° to full elbow flexion
Week 3	45° to full elbow flexion
Week 4	30° to full elbow flexion
Week 5	20° to full elbow flexion
Week 6	10° to full elbow flexion
Week 8	Full ROM of elbow; discontinue brace if adequate motor control

**Range of Motion Exercises (to above brace specifications)**

**Week 2-3:**

- Passive ROM for elbow flexion and supination (with elbow at 90°)
- Assisted ROM for elbow extension and pronation (with elbow at 90°)
- Shoulder ROM as needed based on evaluation, avoiding excessive extension.

**Week 3-4:**

- Initiate active-assisted ROM elbow flexion
- Continue assisted extension and progress to passive extension ROM

**Week 4:**

- Active ROM elbow flexion and extension

#### **Weeks 6-8:**

- Continue program as above
- May begin combined/composite motion (i.e. extension with pronation)
- If at 8 weeks post-op the patient has significant ROM deficits therapist may consider more aggressive management, after consulting with referring surgeon.

#### **Strengthening Program**

**Week 1** Sub-maximal pain free isometrics for triceps and shoulder musculature.

**Week 2** Sub-maximal pain free biceps isometrics with forearm in neutral.

**Week 3-4** Single plane active ROM elbow flexion, extension, supination, and pronation.

**Week 8** Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation

- Progress shoulder strengthening program
  - Weeks 12-14: May initiate light upper extremity weight training
  - Non-athletes initiate endurance program that stimulate desired work activities/requirements.