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**Distal Biceps Repair  
Physical Therapy Protocol**

**Name:**

**Date:**

0-6 weeks post-op

AROM extension without gravity  
PROM as tolerated  
Wrist exercises/stretchches 4 ways  
Shoulder Isometrics  
Pain control, scar tissue mobilization

Goal: Full extension at 6 weeks

6-12 weeks

Unlock Brace at 6 weeks  
Restore AROM  
Begin Isometrics, progress to Isotonic strengthening  
RC/Periscap strength

3 months – on

Continue strengthening and progress to sport specific exercises  
Return to unrestricted activities is allowed at 16-20 weeks postoperatively

*Sabrina Strickland, M.D.*