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Distal Biceps Repair (Button Technique)- POST-OP GUIDELINES

Time range	Appointments	Brace / ROM restrictions	Exercise Progression
0-3 weeks	MD check/PT eval at 1 week	- Brace x 3 wks - Sling for comfort - ROM restrictions per MD depending on surgery specifics	- Wrist flex/extension submaximal isometrics - Light grip strengthening - Shoulder PROM and AAROM/ scapular AROM - Elbow PROM pronation/supination, AAROM elbow flexion and extension as tolerated
3- 8 weeks	-PT appointments per PT eval, -MD check at 6 weeks	DC brace per MD guidelines	- Wrist PRE flex/extension, grip strengthening - Shoulder AROM progressing to light PRE (Ok to use biceps as an adjunct) - Elbow AROM flex/extension, forearm pronation / supination as tolerated. - Manual therapy as needed for edema and scar mobilization
8-12 weeks		None	- Wrist PRE unrestricted as tolerated - General UE strengthening as tolerated - Shoulder closed kinetic chain progression: pushup progression, box step overs, etc. - Manual therapy as needed to assist with elbow ROM.
12+ weeks		None	- Progress strengthening exercises as tolerated - Advance proprioceptive and kinetic training as tolerated. - Begin plyometric training, ball throws /rebounder - Start pre-throwing exercise progression if indicated - Progress to return to sport activities if pain free