



# Town Center

## ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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### *Post-operative Instructions: Distal Biceps Repair*

- Splint and sling stay on until follow up. OK to move fingers, but no grasping/gripping with hand.
- 10-14 days post-op: Trim suture tails. Switch to hinged brace. OT after visit. No active elbow ROM yet - only passive or passive-assisted.
- 2-6 weeks: Continue icing and elevation. Pronation and supination always only at 90 degrees. Progress weekly with extension lock:
  - Week 2-3: 80 to full flexion PASSIVE
  - Week 3-4: 40 to full flexion PASSIVE
  - Week 4-5: 30 to full flexion. Start active ROM and grip
  - Week 5-6: 20 to full flexion. Remove brace at end of week.
- 6-8 weeks: start gentle isometric strengthening. < 5 lbs. lifting. Do not perform flexion+supination (bicep curl) exercises or full extension/pronation yet.
- 8-12 weeks: Start isotonic strengthening. < 10 lbs. lifting.
- 12 weeks: OK to start strengthening until normal
- Contact sports > 4 months