



# Town Center

## ORTHOPAEDICS

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

- Start hand/finger and shoulder ROM immediately after surgery. Splint and sling stay on until follow up.
- 10-14 days post-op: Trim/remove sutures and apply steri-strips. Switch to hinged brace. OT after visit. No active elbow ROM yet - only passive or passive-assisted.
- 2-6 weeks: continue icing, elevation, progress weekly with extension lock:
  - Week 2-3: 90 to full flexion PASSIVE
  - Week 3-4: 50 to full flexion PASSIVE
  - Week 4-5: 30 to full flexion. Start active ROM.
  - Week 5-6: 20 to full flexion
  - Week 6: unlocked full ROM. Remove brace at end of 6th week
- Start light strengthening of flexion and supination (< 5 lbs. lifting). Do not combine flexion and supination.
- 8-10 weeks: Progress to 10 lbs. elbow flexion.
- 12 weeks: OK to start strengthening until normal
- Contact sports > 4 months