



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Distal Biceps Tear **Code:** M66.829

Procedure: Distal Biceps Tendon Repair

Surgery Date:

Instructions: PT TO BEGIN AFTER. _____

Range of motion:

- For the first two weeks post-operatively, maintain sling and splint at all times.
- At two weeks post-operatively, the splint will be removed and the patient can begin passive and active-assisted range of motion. While there is no limit to extension, some patients may be more comfortable if they limit extension to 45° initially and advance 10° per week towards a goal of full extension by six weeks post-operatively. Incorporate wrist and shoulder range of motion exercises

Strengthening:

At 6 weeks begin with biceps isometrics, progressing to light bands/weights as tolerated.

No heavy bands/weights (limit 20 lbs) until 12 weeks post-operatively.

At twelve weeks post-operatively, the patient can advance as tolerated.

Limitations:

2-1.5 months: No work with the affected extremity

1.5-3 months No lifting greater than 10 lbs

>3 months: No restrictions, Return to sport as tolerated

Modalities: Heat before and ice after therapy.

Frequency: 2-3 times/week

Duration: 6 weeks starting at 2 weeks postoperatively

Signature:

Date: