

Dr. Biswas' Distal Biceps Tendon OT Protocol

Initial Post-operative Immobilization

- Posterior splint, elbow immobilization at 90° for 5-7 days with forearm in neutral (Unless otherwise indicated by surgeon)

Hinged Elbow Brace (first OT visit 5-7 days postop)

- Elbow placed in a hinged ROM brace at 5-7 days postoperative. Brace set unlocked at 60° to full flexion.
- Gradually increase elbow ROM in brace (see below)
- **Hinged Brace Range of Motion Progression**

(ROM progression may be adjusted base on Surgeon's assessment of the surgical repair.)

Week 2 60 deg to full flexion

Week 3 45 deg to full flexion

Week 4 30 deg to full flexion

Week 5 15 deg to full flexion

Week 6 Full ROM of elbow; discontinue brace if adequate motor control