

Physical/Occupational Therapy Prescription

Name: _____ Date of Birth: _____

Diagnosis: Distal Biceps Rupture Code: M66.829

Procedure: Distal Biceps Repair Surgery Date: _____

Instructions:

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:

- No strengthening for the first six weeks post-operatively.
- At six 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:

- Splint for the first two weeks and then optional for the first six weeks.
- No strengthening for the first six weeks post-operatively.

Please provide with a home exercise program.

Modalities

Heat before therapy and ice after.

Frequency: 3 times/week Duration: 6 weeks

Signature: _____ Date: _____