

Center for Athletic Medicine  
*Dr. Preston Wolin*  
Distal Bicep Repair

~Please call 773.248.4150 with any and all questions~

**POST-OP WEEKS 0-4:**

- Posterior mold to be worn x 10 days until stitches are removed
- Begin shoulder PROM while in cast. Edema and pain control.
- Begin scar massage once incision is closed and stitches removed, as healing allows
- 30 –140 degrees Passive elbow flexion x 4 weeks
- Active elbow extension to 30 degrees x 4 weeks

**4-8 WEEKS:**

- Begin elbow AROM

**8 WEEKS:**

- Begin progressive elbow resistance and strengthening, Including forearm, hand and wrist

\*\*\*\*\*If a patient is not progressing, please call the office for recommendations!\*\*\*\*\*