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### **Distal Biceps Repair Protocol:**

The patient underwent a distal biceps repair via a single incision technique with the use of a button. The patient will begin range of motion activities at the first postoperative visit at which point he will be placed into a hinged elbow brace that allows full flexion, but limits extension to 30 degrees from zero. Beginning at the first postoperative visit the patient is allowed to perform passive, active assist and active range of motion including flexion, extension and full supination and pronation. These range of motion activities should be performed in the brace and should be done 3 to 4 times daily. The brace will be discontinued between 4 and 6 weeks postoperatively thus allowing for full range of motion. At 8 weeks postop formal physical therapy will be initiated with a gentle flexion and strengthening program with a 1 kg weight. Full activity as tolerated will be allowed at 3 months.