



ORTHOPEDIC SURGERY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
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Phone: 712-262-7511
800-248-4049
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Storm Lake, IA 50588
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2301 HWY 71, Suite E
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www.nwiabone.com

Distal Bicep Tendon Repair- Rehab Protocol

Phase I- Weeks 0-3

In IROM Brace locked from 60 degrees of flexion to 90 degrees of flexion.
May begin gentle wrist and shoulder ROM
Grip strengthening activities

Phase II- Weeks 3-6

IROM Brace from 30 degrees of flexion to full flexion
Continue with wrist and hand ROM, Shoulder ROM
Grip Strengthening activities
May begin gentle elbow PROM out of brace

Phase III – Weeks 6-9

Active extension to 0 degrees in the IROM brace.
Brace is worn for all work/school activities. Removed for hygiene.
May begin isometrics in brace for elbow flexion and extension.
Continue with PROM and grip strengthening activities.

Phase IV- Weeks 9-12

Remove ROM brace. Begin working full ROM for the elbow and forearm.
Begin working elbow flexion and extension against gravity. Begin gentle resistance activities.

Phase V – 12 weeks to 6 months

Gradual return to full painfree ROM. Progress strengthening as tolerated to the elbow and forearm. Weight restrictions will be given by the physician

Phase VI – 6 months

Return to full activity

EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.