Distal Biceps Tendon Repair
Drs. Beuerlein, Pearce (tears <14 days old) and Zhang

PHYSIOTHERAPY PRESCRIPTION:

0 - 2 Weeks:

- Plaster elbow splint +/- sling
- Range of motion of wrist (as permitted by the splint) and fingers

2 - 6 Weeks:

- Discontinue the splint
- Start Range of Motion

6+ Weeks:

- Start physio
- Start gentle resistance exercises