

**Gregory Galano, MD**  
www.gregorygalanomd.com  
phone: 212-737-3301  
fax: 212-734-0407  
license #: 241830

**Patient Name:**

**Date:**

**Date of Surgery:**

**Elbow Rehabilitation:  
Distal Biceps Repair**

**Post-Op**

- Splint @ 90 degrees for 2-3 weeks
- Start Passive Supination / Pronation immediately post-op

**2-3 weeks**

- Begin Active Extension, Passive Flexion.
  - Progress by 15 degrees per week to achieve 0 degrees @ 6 weeks
- Limit motion to \_\_\_30degrees extension\_\_\_\_\_
- Limit extension to point where tension on repair noted intra-operatively
- For motion: rest arm on table, with forearm hanging over edge.
  - Can then actively extend

**6 weeks**

- Full extension
- Begin Active Flexion
- Begin Flexion and Supination PRE

**12 weeks**

- Isokinetics

**6 months**

- May return to vigorous labor
- Continue to strengthen for 1 year

2x/week x 4weeks

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**