

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 (ok to begin once issued elbow brace per MD)
- Active elbow extension to 30 degrees

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!*****

