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## THERAPY PROTOCOL

### Distal Biceps Repair (SPOC)

Dr. Logli

#### 3 Days Post Op

- Remove pre-op, light compressive dressing by patient or therapist
- Pt can begin full AROM as tolerated
- No orthosis

#### 5-7 Days Post Op

- Utilize edema control and compression as needed

#### 2-6 Weeks Post Op

- If non-absorbable sutures were used, these will be removed during MD f/u
- Begin scar management if wound is completely closed

#### 6-10 Weeks Post Op

- Progress to gradual strengthening within a 5lbs restrictions

#### 10 Weeks Post Op

- Full unrestricted strengthening