

### 3. Tricep Extension with theraband

Stand with elbow at 90 degrees, stabilized into waist, holding onto a theraband. Push hand to thigh, pause and slowly return. Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets.



### 4. Tricep Extension in supine – skull crusher

Lie down on back, weight in hand and elbow straight, hand pointing to ceiling. Slowly bend elbow



### 5. Hammer Pronation – Supination

Support your forearm on a table, hold a hammer firmly. Slowly turn the hammer so palm faces down, pause and turn the hammer in the other direction so palm faces up. Hold \_\_\_\_\_ seconds, repeat \_\_\_\_\_ times.



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## Distal Biceps Repair 1 & Repair 2 Exercise Instructions Post Surgery

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### Distal Biceps Repair 1

Now that your cast is off it is time to get your elbow moving to regain the range of motion in your elbow.

You may have some initial discomfort with these exercises, but they should not be painful.

Perform 2-4 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

### 1. Static Progressive Stretching – see other pamphlet

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### 2. Isometric biceps

Bend elbow to 90 degrees. Place other hand on top of forearm pushing down, resisting with forearm. Don't move the arm. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



### 3. Isometric triceps

Bend elbow to 90 degrees. Place other hand under forearm pushing up, resisting with forearm. Don't move the arm. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



### 4. Isometric Pronation/Supination

Bend elbow to 90 degrees. Grasp wrist firmly with other hand. Turn palm towards ground, resisting with other hand. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times. Turn palm towards ceiling, resisting with other hand. Hold \_\_\_\_ seconds, repeat \_\_\_\_ times.



### 5. Wrist ROM – see wrist pamphlet

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### 6. Ball/Towel Squeeze

Support your forearm on a table, a ball or towel in your hand. Squeeze, holding for \_\_\_\_ seconds, repeat \_\_\_\_ times.



### Distal Biceps Repair 2

Now that you've got your elbow moving and entered the strengthening phase of your rehab it's time to challenge your muscles for further strength gains.

You may have some initial discomfort with these exercises, but they should not be painful.

Perform 1-2 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

### 1. Static Progressive Stretching – see other pamphlet

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### 2. Bicep Curl with Weight

Stand with arm straight at side, holding a weight in hand. Stabilize elbow into waist. Bring weight up to shoulder, pause and slowly return to start. Repeat \_\_\_\_ times, \_\_\_\_ sets.

