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**REPAIR OF CHRONIC DISTAL BICEPS RUPTURE
POST-OPERATIVE PHYSICAL THERAPY PROGRAM**

- No flexion beyond 90 degrees weeks 1-2
- Progress to 70 degrees of flexion weeks 2-4
- Progress to 50 degrees of flexion weeks 4-6
- Progress to 30 degrees of flexion weeks 6-8
- Beyond 8 weeks, allow resolution of contracture with daily use as tolerated by patient