

### DISTAL BICEPS TENDON REPAIR PROTOCOL

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- Sling use at all times except may remove for exercises and bathing
- Passive ROM only
  - Full flexion to 30 degrees short of full extension
  - Full pronation/supination allowed
- Strict non-weight bearing (no resistance)
- Wrist/shoulder ROM exercises unrestricted

\_\_\_\_ Weeks 2-4:

- Sling use at all times except may remove for exercise and bathing
- Unrestricted passive ROM without restriction
- Rotator cuff, deltoid isometrics as needed

\_\_\_\_ Weeks 4-6:

- Transition out of sling
- Transition to full PROM → AAROM → AROM as tolerated
- Continue strict non-weight bearing

\_\_\_\_ Weeks 6-12:

- Focus on regaining full active ROM if not done already
- May begin light (1-2 lbs) resistance training with elbow flexion/supination

\_\_\_\_ Weeks 12+:

- Begin gradual elbow flexion/supination strengthening program as tolerated without restrictions

Signature \_\_\_\_\_

Date: \_\_\_\_\_