



From the office of:

## Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302  
Chesterfield, MO 63017 314-523-2595  
[AndrewBlackmanMD.com](http://AndrewBlackmanMD.com)



### **PHYSICAL THERAPY PROTOCOL PROCEDURE: DISTAL BICEPS TENDON REPAIR**

The goal of the rehabilitation is to gradually regain motion in the elbow joint and eventually regain strength. This will be a steady process to allow time to protect tendon to healing to the radial tuberosity.

#### **Week 1-3**

- Brace to be worn at all times except for exercises and hygiene
- Minimize swelling and pain
- Range of Motion
  - Passive Self Assisted Elbow Flexion
  - Active Assisted Elbow Extension
    - Limitation: No extension past 30 degrees
  - Passive Self Assisted Forearm Supination
  - Active Assisted Forearm Pronation
  - Hand, Wrist, Shoulder ROM to prevent stiffness

#### **Week 3-6**

- Brace to be worn at all times except for exercises and hygiene
- Minimize swelling and pain
- Goal: Full elbow and forearm ROM by 6 weeks
- Range of Motion
  - Active Assisted Elbow Flexion
  - Active Assisted Elbow Extension
    - Increase elbow extension 10° per week until full extension obtained
  - Active Assisted Forearm Supination
  - Active Assisted Forearm Pronation
  - Hand, Wrist, Shoulder ROM to prevent stiffness
- Strengthening
  - Begin grip strengthening exercises
  - Scapular stabilization exercises
  - Biceps isometrics OK

#### **Week 7-12**

- Brace is discontinued
- Begin light activity.
- No aggressive or repetitious activity.
- Continue passive stretching to achieve full range of motion

- Begin active range of motion exercises for elbow flexion and extension, and forearm supination and pronation
- Strengthening
  - No resisted elbow flexion or forearm supination until week 9
  - Begin progressive resistive strengthening for remainder of upper extremity
    - Theraband, grip strengthening, and progress to weights

#### **Week 12+**

- Continue resistive strengthening
- Advance as tolerated
- Begin endurance program tailored to work/sports activities
- Full unrestricted activity is permitted after 4-6 months for most patients depending upon patient activity demands.