

Distal Biceps Tendon Repair Rehabilitation Program

Nicholas M. Capito, MD

Diagnosis: Right / Left Distal Biceps Tendon Repair _____

Date of Surgery: _____

Weeks 0-2 (Phase I):

- Splint x 1-2wks and then will place in hinged elbow brace. Brace will be locked based on intra-op range of motion.
- Sling with brace worn at all times
- Gentle wrist and shoulder ROM ok

Weeks 2-6 (Phase II):

- Depending on degree of extension, the brace will be progressed 10deg of extension each week until full extension obtained.
- Active extension to 30 degrees in hinged elbow brace. Continue brace.
- No active elbow flexion, passive only. Active pronation, passive supination.
- Gentle elbow joint mobilizations

Weeks 6-9 (Phase III):

- Active elbow extension to full
- Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics
- Modalities per therapist's discretion

Weeks 9-12 (Phase IV):

- Gently advance ROM as tolerated
- Begin active flexion and extension tolerance against gravity
- Advance strengthening in phase III to resistive, maintain flexibility/ROM

Months 3-6 (Phase V):

- Being gentle elbow flexion resistance, strengthening
- Advance activities as tolerated
- Full return to play/duty typically at 6 months when ROM is full and pain free