

Distal Biceps Tendon Repair Rehabilitation Guidelines

Immobilization: Posterior splint, elbow immobilization at 90 degrees for 5-7 days

Brace: Elbow placed in ROM brace at 5 – 7 days post-op
ROM set 45 degrees to full flexion
Gradually increase elbow ROM in brace

Range of Motion Progression:

Week two: 45 degrees to full elbow flexion
Week three: 45 degrees to full flexion
Week four: 30 degrees to full elbow flexion
Week five: 20 degrees to full elbow flexion
Week six: 10 degrees to full elbow flexion: Full supination/pronation
Week eight: Full ROM of elbow; full supination/pronation

Range of Motion Exercises:

Week two –three: passive ROM for elbow flexion and supination; AAROM for extension and pronation
Week three – four: Initiate AAROM elbow flexion
Week four: active ROM elbow flexion

Strengthening Program:

Week one: Isometrics for triceps and shoulder muscles
Week two: Isometrics (submaximal biceps 'curls')
Week three-four: active ROM, no resistance applied
Week eight: PRE program is initiated for elbow flexion and supination/pronation

- begin with one lb and gradually increase
- Program shoulder strengthening program

Week 12-14: May initiate light weight training such as bench press and shoulder press