

Distal Biceps Tendon Repair Protocol

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-2 weeks	None – in splint	Postop splint at all times	Hand/finger ROM. Splint and sling at all times
PHASE II 2-6 weeks	Progress to full flexion, limit to – 30° extension. Then progress slowly to full extension over these 4 weeks. Begin forearm motion for pro/supination. Goal of full elbow and forearm motion by week 6	Brace on -30° to full flexion for first 2 weeks. Once progressed to -15° extension may discontinue brace at night. Wear during day for comfort.	2-4 weeks: Progress towards full extension and pro/supination 4-6 weeks: gentle isometric biceps exercises, no eccentric training. Forearm exercises and modalities
PHASE III 6-12 weeks	Full	None	Progress to full ROM. Begin increased biceps strengthening at 8 weeks. No eccentric loads. No restrictions on strengthening at 12 weeks, gradual increase. Clearance to sport/work by MD at 12-16 weeks