



Distal Biceps Tendon Repair

Weeks 0-4: Phase I - Protect the Repair

Sling/Immobilizer:

- At all times except for showering and ROM/exercise

ROM:

- No elbow ROM for the first 7 days after surgery
 - Ok to start with immediate wrist ROM and gentle shoulder ROM
- After 14 days progress gentle passive (using other arm) range of motion
 - 7-14 days 30 degrees to full flexion
 - 14-28 days gentle passive full elbow extension to full flexion

Exercises:

- No lifting with the operative arm

Weeks 4-6: Phase II

Sling Immobilizer: Sling during the day only, may remove for showering and ROM/exercise

ROM:

- Continue gentle active assisted (using your operative arm and the other arm) range of motion
 - Gradually obtain full elbow extension to full flexion

Exercises:

- No lifting with the operative arm

Weeks 6-9: Phase III

Sling Immobilizer: Discontinued

ROM:

- Full ROM both active and passive
 - Active extension to 0 degrees
- Active Flex, Supination, Pronation

Exercises:

- Continue to maintain wrist and shoulder flexibility, begin rotator isometrics, progress active extension
- Begin active flexion and extension against gravity

Weeks 9-12: Phase IV

ROM:

- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated

Exercises:

- Advance strengthening in phase III to resistive, maintain flexibility/ ROM, begin strengthening with theraband
- Advance resistance by 5 lbs per week until full strength