

Distal Biceps Tendon Repair Rehabilitation Guidelines

Immobilization: Posterior splint, elbow immobilization at 90 degrees for 7-10 days

Brace: Elbow placed in ROM brace at 7-10 days post-operative
ROM set at 45 degrees to full flexion
Gradually increase elbow ROM in brace
Start formal physical therapy at week 4

Range. of Motion Progression:

Week two: 45⁰ to full elbow flexion

Week three: 45⁰ to full elbow flexion

Week four: 30⁰ to full elbow flexion

Week five: 20⁰ to full elbow flexion

Week six: 10⁰ to full elbow flexion, full supination/pronation

Week eight: full ROM of elbow; full supination/pronation

Range of Motion Exercises:

Week 3-5: passive ROM for elbow flexion and supination;
active assisted ROM for elbow extension and pronation

Week 6-8: initiate AAROM elbow flexion

Week 9: active ROM elbow flexion

Strengthening Program:

Week 2-3: isometrics for triceps and shoulder muscles

Week 9: active ROM, no resistance applied

Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation

- begin with one lb and gradually increase shoulder strengthening program

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