

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

RANGE OF MOTION PROGRESSION

- Week 2: 45 degrees to full flexion • Week 3: 45 degrees to full flexion • Week 4: 30 degrees to full flexion
- Week 5: 20 degrees to full flexion
- Week 6: 10 degrees to full flexion; full supination/pronation
- Week 8: 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 o
Begin with one pound and gradually increase shoulder strengthening program
- Week 14: may initiate light weight training such as bench press and shoulder press