

Distal Biceps Tendon Repair Post-Surgical Rehabilitation Protocol

1 week post op

1. **Sling for 5 weeks**
2. Maintain full supination of the forearm during exercises at this stage
3. Initiate elbow flexion passively and elbow extension actively
4. Initiate active ROM of the wrist while in sling
5. Initiate forearm **supination passively** and pronation actively with elbow at 90 degrees
6. **NO Active elbow flexion exercises until 4 weeks post op**

Week 2

1. Initiate scar mobilization if needed
2. Shoulder ROM as needed avoiding excessive elbow extension
3. Gripping
4. Stationary Bike

Week 3

1. Begin active pronation and supination
2. Active elbow extension to 30 degrees (progress to 0 deg over next 3 weeks)
3. Begin shoulder (rotator Cuff) isometrics with brace on in planes of ER, IR, abd, and extension

Week 4

1. Initiate active elbow flexion
2. Begin elbow isometrics (submax for biceps with forearm at neutral)
3. Initiate putty if pain and edema are low

Week 5

1. Isometric triceps exercises

Week 6-8

1. If PROM limitation present, use weighted stretch or consider static/dynamic splint
2. Initiate progressive resisted exercises for elbow flexion and supination
3. Encourage light functional hand use

Week 8-12

1. Consider work conditioning/hardening for those with physically demanding jobs
2. Return to work – MD will release back to work