

Distal Biceps Tendon Repair Protocol

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- A. 0-2 weeks post-op
 - 1. Elbow IROM locked at 90°
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Active elbow extension to -45° in forearm supination
 - b. Passive elbow flexion to tolerance
 - c. Gentle passive forearm pronation and supination at 90° elbow flexion
 - d. Maintain ROM of shoulder, wrist, and hand

- B. 2-6 weeks post-op
 - 1. Elbow IROM locked at 90°
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Continue elbow active extension / passive flexion work
 - b. Extension restriction increased by 15° / week
 - c. Braced:
 - Add light PRE work for shoulder
 - Grip strength
 - No active or resistive biceps work

- C. 6-8 weeks post-op
 - 1. Wean from IROM
 - 2. Exercise
 - a. Start active flexion work
 - b. Start aggressive Pass extension work as needed to regain full ROM
 - c. Light / Progressive OKC and CKC UE work
 - c. No resisted biceps work

- D. 8-12 weeks post-op
 - 1. Initiate resisted biceps work
 - 2. Comprehensive and progressive UE strength and stabilization work

- E. 12 weeks post-op
 - 1. Initiate appropriate sport specific exercise
 - 2. Initiate appropriate interval programs