

# 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