

## **Rehabilitation Protocol: Distal Biceps Tendon Repair**

### **Phase I: 0-2 weeks**

- Brace: splint at 90 degrees & neutral rotation full time
- ROM: no elbow ROM; okay for gentle shoulder, wrist, digit ROM
- Weightbearing: Non-weightbearing
- Strengthening: None

### **Phase II: 2-6 weeks**

- Brace: Hinged elbow brace. Wear at all times including for exercise. Okay to remove for hygiene
- ROM: Active extension to 50 deg in brace (depending on repair tension) with goal to progress to 0 deg by week 6
- > NO ACTIVE ELBOW FLEXION
- > Continue wrist and shoulder ROM
- Weightbearing: Non-weightbearing
- Strengthening: none
- Exercises: gentle joint mobilization

### **Phase III: 6-9 weeks**

- Brace: Wean out of hinged elbow brace once ROM full
- ROM: full ROM, active extension to 0 degrees
- > Continue wrist and shoulder ROM
- Weightbearing: Non-weightbearing
- Strengthening: none of elbow; begin rotator cuff/deltoid isometrics
- Exercises: active extension in brace

### **Phase IV: 9-12 weeks**

- Brace: none
- ROM: advance ROM to tolerance
- Weightbearing: limited
- Strengthening: begin biceps isometrics; then begin active flexion and extension against gravity; resistive strengthening for deltoid/rotator cuff
- Exercises: maintain flexibility/ROM

### **Phase V: 12 weeks- 6 months**

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: gradually increase as tolerated
- Strengthening: begin gentle flexion strengthening, advance gradually as tolerated

### **Phase VI: 6+ months**

- Brace: none
- ROM: return to full and pain free ROM
- Weightbearing: as tolerated
- Activity: return to full activity
- Functional activities and sport-specific demands
- Return to sport after clearance by MD