

Distal Biceps Tendon Repair Rehabilitation Protocol

- I. 0-2 Weeks
 - a. Sling at all times
 - b. 6-8 times/day (10 repetitions, position of stretch for 5 second count):
 - i. Active Elbow Extension, Active Pronation
 - ii. Passive Elbow Flexion, Passive Supination
 - iii. Active Wrist ROM/Fist Pumps
 - iv. Shoulder Pendulums/Active Shoulder ROM
- II. 2-4 Weeks
 - a. Continue with Sling when sleeping/in public
 - i. May remove when awake and resting at home
 - b. Active Elbow Extension, Active Pronation
 - c. Active Assisted Elbow Flexion, Active Assisted Supination
 - d. Active Wrist ROM/Fist Pumps
 - e. Shoulder Pendulums/Active Shoulder ROM
- III. 4-6 Weeks
 - a. Continue with Sling when sleeping/in public
 - i. May remove for basic activities of daily living
 - ii. No lifting anything heavier than a coffee mug (<5 lbs)
 - b. Active Elbow Extension, Active Pronation
 - c. Active Assisted Elbow Flexion, Active Assisted Supination
 - d. Active Wrist ROM/Fist Pumps
 - e. Shoulder Pendulums/Active Shoulder ROM
- IV. 6-12 Weeks
 - a. Discontinue Sling
 - b. Full Activities of Daily Living
 - c. Full Active Motion until full ROM attained
 - d. Lifting Restrictions to <5 lbs
- V. 12-16 Weeks
 - a. Begin Gentle Strength Training with Physical Therapy
 - b. Increase strength training gradually as tolerated
- VI. Return to Full Sports at 4-6 Months
 - a. When 80% strength and full ROM obtained