



Distal Biceps Repair

Phase I – Immediate Post-Surgical (Week 0-1)

Goals:

- Soft tissue healing

Precautions:

- Posterior splint, elbow immobilization at 90° for 5-7 days with forearm in neutral

Week 1

- Wrist, hand, finger range of motion as tolerated

Phase II – Protection (Week 2-8)

Goals:

- Progressive range of motion

Precautions

- No weight bearing
- **Transition to hinged elbow brace, from 45° to full flexion**

Criteria for progression to Phase III

- Full painless extension

Week 2

- **Transition to hinged elbow brace, from 45° to full flexion**
- Passive ROM for elbow flexion and supination (with elbow at 90°)
- Assisted ROM for elbow extension and pronation (with elbow at 90°)
- Shoulder ROM as needed based on evaluation, avoiding excessive extension
- Limits of motion: 45° to full elbow flexion

Week 3

- Initiate active-assisted ROM elbow flexion
- Continue assisted extension and progress to passive extension ROM
- Limits of motion: 45° to full elbow flexion

Week 4

- Active ROM elbow flexion and extension
- Limits of motion: 30° to full elbow flexion

Week 5-8

- Continue program as above
- May begin combined/composite motions (i.e. extension with pronation).
- If at 8 weeks post-op the patient has significant ROM deficits therapist may consider more aggressive management, after consultation with referring surgeon, to regain ROM
- Limits of motion:
 - Week 5: 20° to full elbow flexion
 - Week 6: 10° to full elbow flexion
 - Week 8: Full ROM of elbowDiscontinue brace if adequate motor control



- At 8 weeks, start progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation

Phase III – Strengthening Phase (Week 12+)

Precautions

- Full range of motion prior to initiating progressive strengthening

Week 12+

- May initiate light upper extremity weight training
- May initiate interval sports program (if applicable)

Criteria to Return to Sport

- Surgeon clearance
- Pain free elbow function
- Adequate active and passive range of motion necessary for required sport/activity
- Greater than 90% strength as compared to the non-operative shoulder