



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy
Protocols
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Rehabilitation Guidelines for Distal Biceps Tendon Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- Sling and Splint all times

2-6 Weeks:

- Splint removal, patient placed in extension block splint at 45°
- Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.
- Splint all times other than exercises
- Wrist/Shoulder ROM exercises

6-9 Weeks:

- D/C elbow Splint
- Continue Passive/Active Assist ROM Elbow
- Begin Biceps Isometrics
- Begin Cuff/Deltoid Isometrics
- Maintain Wrist/Shoulder ROM

9-12 Weeks:

- Begin Active Elbow Flexion against gravity
- Maintain ROM Elbow/Wrist/Shoulder
- Advance to resistive Strengthening Deltoid/Rotator Cuff

>12 Weeks:

- Begin Gradual elbow flexion strengthening and advance as tolerated