

Distal Biceps Repair Rehab Protocol

Phase 1: 0-6 weeks post surgery

- 0-2 weeks post op – In splint at all times. Finger range of motion encouraged.
- 2-6 weeks post op – Hinged elbow brace as follows. Leave brace locked at 90° degrees most of the time. May unlock the brace to allow passive elbow range of motion two or more times per day (“passive” means that the affected arm is relaxed and the other arm is doing the work to move the elbow).
 - 2-3 weeks - Block extension at 50°, allow full flexion
 - 3-4 weeks - Block extension at 30°, allow full flexion
 - 4-6 weeks - Progress to 0* (full extension) as tolerated, allow full flexion

Other than the gentle range of motion exercises, brace should be worn at 90° at all times.

Phase 2: 7-12 weeks post surgery

- Wean out of hinged elbow brace.
- Ensure full ROM for flexion, extension, pronation, and supination.
- OK to use arm for light activity, but no lifting or pulling with the affected arm.

Phase 3: 3 – 6 months post surgery

- Begin light elbow flexion resistance training. Start with light resistance bands or 5 lb weights, and advance slowly.

Phase 4: After 6 months post surgery

- Resume normal activity if cleared by Dr. Driscoll