

POST-OP REHABILITATION GUIDELINES:

DISTAL BICEP TENDON REPAIR

2-6 Weeks	• Hinged Elbow Brace • ROM settings, Extension: • Wk 1-2 In Splint • Wk 2-3 40 deg • Wk 3-4 30 deg • Wk 4-5 20 deg • Wk 5-6 10 deg • Wk 6+ 0 deg • Flexion: set to full • Begin Active Assist ROM. Initially Limit Extension to 40°, Advance to full extension by 6 weeks. NO FORCED EXTENSION • Brace all times other than exercises • Wrist/Shoulder ROM exercises
6-9 Weeks	• May D/C elbow brace • 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 wk - 6 mo	• Begin Gradual elbow flexion strengthening and advance as tolerated.