DISTAL BICEP TENDON REPAIR

Date of Surgery: _____

Weeks 0-2:
- Maintain splint as instructed, sling as needed
- Strict non-weight bearing (no resistance)
- Wrist flexion and extension as tolerated. No pronation/supination
- Shoulder ROM exercises unrestricted

Weeks 3-6:
- Brace at all times except for therapy. Brace: extension limit to 135 flexion
- Passive self-assisted elbow flexion, AAROM elbow extension, passive self-assisted elbow forearm supination, AAROM forearm pronation
- Elbow flexion limit 135^0
- Extension limits:
  Week 2-4: Limit 60^0
  Week 4-6: Limit 30^0
  Week 6+: Allow full extension 0^0
- Biceps, rotator cuff, deltoid isometrics as needed
- Wrist/shoulder ROM exercises unrestricted
- May progress to very light resistance only for activities of daily living (i.e. lifting cup of coffee)

- Otherwise no resistance exercises

Weeks 7-12:
- Passive, AAROM, and active ROM of the elbow as tolerated
- Unrestricted ROM in flexion/extension and pronation/supination
- May begin light (5 lbs or less) resistance training

Weeks 13 and Beyond+:
- Begin gradual elbow flexion/supination strengthening program as tolerated without restrictions