



## Rehabilitation Protocol Distal Biceps Repair

### Phase I: Early ROM (*0 to 6 weeks*)

- Splint remains in place for the first 10-14 days.
- Sutures will be removed by physician in 10-14 days.
- At 10-14 days transition to hinged elbow brace.
- Initiate ROM exercises 3- 5 times per day in hinged elbow brace: Weeks 2/3:  
PROM into flexion and supination IN BRACE AAROM into  
extension and pronation IN BRACE
  - Week 2: brace locked from 60 to full flexion
  - Week 3: brace locked from 40 to full flexion Weeks 4-6:

Add AAROM into flexion (not supination) IN BRACE

- Week 4: brace unlocked from 30 to full flexion
- Week 5: brace locked from 20 to full flexion
- Week 6: brace unlocked full motion
- Grip ROM and strengthening exercises
- Pro/supination always performed at 90 degrees of flexion

### Phase II: Restore Function (*6-12 weeks*)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
  - No Lifting/carrying > than 5 lbs, no repetitive use

### Phase III: Return to work (*>12 weeks*)

- Increase strength and endurance (work specific) training