

## Rehabilitation Protocol Distal Biceps Repair

Date of Surgery: \_\_\_\_\_

RIGHT

LEFT

Frequency of visits: 2-3x/week x 12 weeks

### 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 flexionWeeks 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 motionGrip 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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_