

## 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 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