



Distal Biceps Tendon Repair Protocol

Precautions/Limitations:

- Maintain splint/sling clean and dry until your first follow-up appointment in 7-10 days
- You may have had a block so you may not feel pain until the block wears off
- Physician post-op visits: within 7-10 days, 3 weeks, 6 weeks, 12 weeks, then as needed
- The incision is closed with a suture running underneath your skin and steri-strips. Please leave the steri-strips in place. These will fall off on their own usually within 6 weeks. The sutures dissolve on their own.

Phase 1

Immediate Postoperative Period

Day 1-21

- Apply an ice bag to your elbow to minimize swelling. Do this 3-4 times a daily for 20 minutes at a time.
- Maintain splint/brace at 90 degrees of flexion
- Wrist extension/flexion stretches, gripping with putty, **no** supination

Goals:

- Decrease pain/inflammation
- Gentle motion

Day 5-14

- No active flexion
- Gentle passive assisted motion of the elbow (30 – full flexion)
- Continue edema/inflammation control: ice as above and compression
- Wrist flexion-extension stretches, **no active** supination

Day 14-21

- Gentle passive assisted motion of the elbow with goal to get full extension by 21 days. No aggressive stretching.
 - Wrist flexion-extension stretches, **no active** supination
 - Continue edema/inflammation control as above and after activity
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Phase 2 (week 4-12)

4-6 weeks

- AROM allowed against gravity
- Active pronation/supination
- Start gentle active motion with ADLs
- Initiate shoulder program (rotator cuff)
- Continue edema/inflammation control as above and after activity

Goals:

- Increase ROM
- Prevent atrophy
- Gentle strengthening
- Must have ROM (30-130 deg)
- No pain

6-12 weeks

- Progressive ROM allowed
- Start gentle strengthening with 1kg weights
- Progress **slowly** with up to 10kg to 12 weeks
- Shoulder program (rotator cuff)
- Submaximal isometrics

Phase 3 (weeks 12-24)

12-24 weeks

- Start progressive resistance exercise program for elbow
- Continue shoulder program, elbow stretching

Goal:

- Functional rehabilitation

24 weeks & beyond

- Sports specific exercises