



**REHABILITATION PROTOCOL:
Distal Biceps tendon repair
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**See beginning phase 3 for instructions on when to DC brace and brace mgt at night.
Otherwise, daytime brace mgt is instructed below.**

Phase 1

Goals: Decrease pain/inflammation, gentle motion

Immediate Postoperative Period (1-21 days)

- Ice 3-4x daily
- Splint at 90 degrees of flexion
- Wrist extension/flexion stretches, gripping with putty, **no** supination

5 – 14 Days

- 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

Brace MGT: At home Active extension to 60° in brace increase by 10° every week (with PT first)

14 – 21 days

- 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

Phase 2

Goals: Increase ROM, prevent atrophy, gentle strengthening. Must have ROM (30-130 deg), no pain

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

Brace MGT: At home Unlock brace as above (begin active extension to 30°.) with goal of full extension at 6 weeks

6 – 12 Weeks

Brace: Begin here can have brace off when around home, but at night and when out wear brace and keep it on from 20-130 ROM.

- Progressive AROM allowed.
- Start gentle strengthening with 1kg weights
- Progress **slowly** with up to 10 kg to 12 weeks

- Shoulder program (rotator cuff)
- Submaximal isometrics
- **Discontinue brace if progressing well at 10 weeks (at night and in day etc)**

Phase 3

Goals: Functional rehabilitation

12 weeks – 24weeks

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

24 weeks

- Sports specific exercises
- Return to sports