



Mid-America Orthopedics

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Distal Biceps Tendon Accelerated Repair Protocol

Days 3-7

- Patient in elbow ROM brace **locked at 90** degrees at all times outside of PT
- Remove surgical bandages
- Educate pt on brace donn/doff
- Shoulder/Scapular AROM exercises
- Wrist AROM exercises

Week 1- 2

- **Brace LOCKED at 90 degrees for 6 wks**
- AAROM to 60 degrees extension and full passive flexion
- Initiate sub-maximal pain free isometrics for triceps and shoulder (while in brace)

Week 2

- **Brace: Locked at 90 degrees**
- PROM for elbow flexion (no limit) with wrist in neutral
- PROM for supination (no limit) with elbow at 90
- AROM for elbow extension (no limit) with wrist in neutral
- AROM for pronation (no limit) with elbow at 90
- Shoulder ROM as needed, **AVOID** excessive extension
- Begin sub-maximal pain free biceps isometrics with forearm in neutral

Week 3

- **Brace: LOCKED at 90 degrees**
- PROM for elbow flexion (no limit) with wrist in neutral
- PROM for supination (no limit) with elbow at 45
- AROM for elbow extension (no limit) with wrist in neutral
- AROM for pronation (no limit) with elbow at 45
- Initiate active assisted ROM elbow flexion

Week 4

- **Brace: LOCKED at 90 degrees**
- PROM for elbow flexion (no limit) with wrist in neutral
- PROM for supination (no limit) with elbow up to 0 extension
- AROM for elbow extension (no limit) with wrist in neutral
- AROM for pronation (no limit) with elbow up to 0 extension
- Begin active ROM elbow flexion and extension along with single plane active supination and pronation

Week 5

- **Brace: LOCKED at 90 degrees**
- Continue single plane ROM exercises as above with progression to full elbow extension with pronation and supination

Week 6-8

- Discontinue brace at/during WEEK 6 if patient has adequate motor control
- May begin combined/composite motions (i.e.: extension with pronation)
- Begin progressive resisted exercise program for elbow flexion, extension, supination and pronation

Week 8

If at 8 weeks the patient has significant ROM deficits PT may consider more aggressive management after consultation with referring surgeon to regain ROM

Weeks 12-14

- Progress light upper extremity weight training
- Non-athletes initiate endurance program to simulate desired work activities
- Activity as tolerated is permitted

Month 6

- Full activity without restriction is allowed

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.