



Mid-America Orthopedics

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Distal Biceps Tendon Repair Protocol

Days 3-7

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

Week 1-2

- **Brace will be locked at 90 degrees until 6 weeks post-op**
- AAROM to 60 degrees extension and passive full flexion(wrist neutral)
- Initiate sub-maximal pain free isometrics for triceps and shoulder (abduction and extension **while in brace**) at day 7

Weeks 2-3

- PROM for elbow flexion (no limit)
- **AAROM for elbow extension to 45 degrees** (wrist neutral)
- Full PROM supination with elbow at 60 degrees extension
- Full AAROM pronation with elbow at 60 degrees extension
- Shoulder ROM as needed (avoid excessive extension)
- Begin sub-maximal pain free biceps isometrics with forearm in neutral (90 degrees)

Weeks 3-4

- PROM for elbow flexion (no limit)
- **AAROM for elbow extension to 30 degrees** (wrist neutral)
- Full PROM supination with elbow at 45 degrees extension
- Full AAROM pronation with elbow at 45 degrees extension
- Initiate active assisted ROM elbow flexion

Weeks 4-5

- PROM for elbow flexion (no limit)
- **AAROM for elbow extension to 15 degrees** (wrist neutral)
- Full PROM supination with elbow at 30 degrees extension
- Full AAROM pronation with elbow at 30 degrees extension
- Begin AROM elbow flexion and extension along with single plane active supination and pronation

Weeks 6-7

- MD will DC brace and/or open brace @ week 6
- PROM for elbow flexion
- **Progress to full extension with full supination as patient can tolerate**

Weeks 7-12

- Continue/progress ROM
- Begin progressive resisted exercise program for elbow flexion, extension, supination and pronation.

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

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