



Mid-America Orthopedics

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DISTAL BICEPS TENDON REPAIR PROTOCOL

2 WEEKS

- dynamic elbow splint blocked at 90 degrees, forearm neutral, allow full passive elbow flexion
- scar pad/mobilization, skin and wound care
- exercise: 3 times a day with 10 reps each
 1. PROM elbow flexion
 2. AROM elbow extension within splint to 90 degrees
 3. forearm AROM from pronation to neutral at 90 degrees flexion; supination to 30 degrees
 4. wrist flexion and extension wrist in neutral
 5. light grasp exercise

3 WEEKS

- adjust splint to allow 60 degrees extension; supination to 45 degrees
- encourage AROM shoulder
- continue scar massage
- exercise as above

4&5 WEEKS

- adjust elbow splint to 30 degrees extension
- begin AAROM flexion and continue previous exercise within the 0 degree limit in extension
- begin AROM supination to 55 degrees

6 WEEKS

- wean from splint
- begin AROM elbow flexion, place and hold exercise and full supination
- begin light ADL's

8 WEEKS

- DC splint during the day
- begin stretching exercise with heat modalities if needed
- begin strengthening to elbow with isometrics

9-10 WEEKS

- begin progressive strengthening to entire extremity
- consider RTW requirements