



Distal Biceps Tendon Repair

Post-Operative Rehabilitation Protocol

0-First Post-Op Visit:

- Sling and splint all times

2-6 Weeks:

- Please make patient removable extension block splint at 45°
- Begin active assist ROM. Initially limit extension to 45°, advance to full extension by 6 weeks
- Splint all times other than exercises
- Wrist/shoulder ROM exercises

6-9 Weeks:

- May D/C elbow splint
- Continue passive/active assist ROM elbow
- Begin biceps isometrics
- Begin cuff/deltoid isometrics
- Maintain wrist/shoulder ROM

9-12 Weeks:

- Begin active elbow flexion against gravity
- Maintain ROM elbow/wrist/shoulder
- Advance to resistive strengthening deltoid/rotator cuff

Week 12 – 6 months:

- Begin gradual elbow flexion strengthening and advance as tolerated
- **Upper Body Assessment when initiating return to activity progression. Schedule via QR code or spc@rushortho.com

