**Distal Bicep Tendon Repair- Accelerated Rehabilitation Protocol**

The intent of this protocol is to provide the clinician with a guideline of the post-operative rehabilitation course for a patient that has undergone a distal biceps tendon repair. It is by no means intended to be a substitute for one’s clinical decision making regarding the progression of a patient’s post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a post-operative patient they should consult with the referring Surgeon.

**Initial Immobilization**

• Posterior splint, elbow immobilization at 90° for 5-7 days with forearm in neutral

**Hinged Elbow Brace**

• Elbow placed in a hinged ROM brace at 7 days postoperative. Brace unlocked at 30° degrees to full flexion.

• Gradually increase elbow ROM in brace (see below)

**Brace Range of Motion Progression**

**(ROM progression may be adjusted base on Surgeon’s assessment of the surgical repair.)**

**Week 3** Full extension to full flexion

**Week 6** Discontinue brace if adequate motor control

**Range of Motion Exercises**

**Weeks 2-3**

• Passive ROM for elbow flexion and supination (with elbow at 90°)

• Assisted ROM for elbow extension and pronation (with elbow at 90°)

• Shoulder ROM as needed based on evaluation, avoiding excessive extension.

**Weeks 3-4**

• Initiate active-assisted ROM elbow flexion

• Continue assisted extension and progress to passive extension ROM

**Week 4**

• Active ROM elbow flexion and extension

**Weeks 6-8**

• Continue progression as above

• May begin combined/composite motions (i.e. extension with pronation).

• If at 8 weeks post-op the patient has significant ROM deficits therapist may consider more aggressive management, after consultation with referring surgeon, to regain ROM.

**Strengthening Program**

**Week 1** Sub-maximal pain free isometrics for triceps and shoulder musculature.

**Week 2** Sub-maximal pain free biceps isometrics with forearm in neutral.

**Week 3-4** Single plane active ROM elbow flexion, extension, supination, and pronation.

**Week 6** Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation.

• Progress shoulder strengthening program

o Weeks 12-14: May initiate light upper extremity weight training.

o Non-athletes initiate endurance program that simulates desired work activities/requirements.

**3 Months Post-op**: Activity as tolerated is permitted.

**6 Months Post-op:** Full activity without restriction is allowed.