



## **Distal Biceps Tendon Repair Rehab Protocol**

### **First 7 – 10 days**

- Immobilization in Splint with Elbow at 90° of flexion
- Encourage digital , shoulder ROM
- Elevation
- Pain Control

### **Phase I (1 week to 6 weeks)**

- Elbow immobilized in flexion-assisted Bledsoe brace with extension stop at 30°
- Gentle supervised passive ROM (active extension) from 30° to 150°
- Passive supination / pronation with elbow at 90° flexion
- Digital / Wrist ROM encouraged
- Edema control
- May initiate gentle biceps isometrics at 4 weeks

### **Phase 2 (6 weeks to 3 months)**

- Discontinue Elbow brace
- Unrestricted active and passive ROM and supination/pronation
- Light strengthening – Avoid Eccentric Contractions

### **Phase 3 (3 months – 6 months)**

- Continue with Strengthening protocol
- Clearance for full unrestricted activity between 4 – 6 months at discretion of surgeon

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