

## **Distal Biceps Tendon Repair Guidelines**

### Week 1 & 2

Elbow immobilized in splint 90° flexion & full supination, simple sling  
Instruct in axillary care, ROM shoulder & fingers  
Ice & elevation 20-30 minutes, 3-5 times a day  
Sutures out day 10-14

Initial evaluation goals:

- Instruct patient in home exercise program
- Educate patient regarding precautions
- Instruct on use of elbow brace
- Follow-up weekly to increase extension of splint

### Week 3-8

Brace locked at 90° flexion, may unlock for therapy & home exercises within prescribed limit  
Extension block at 75°, full flexion allowed  
AAROM elbow flexion/extension within brace & supination/ pronation (elbow flexed to 90°)  
Extension limit increased by 10-15° weekly and continues progressively until full extension is achieved  
by 8-10 weeks or so post-operatively

### Week 9

AROM is begun within brace  
Unlock brace full time during day, lock at night  
Continue with previous exercises, no strengthening yet

### Week 11

Brace is discontinued  
Full AROM exercises

### Week 13

Begin graduated strengthening program

### Week 16

Full use is allowed

### **Return to Sports/Discharge Criteria:**

Elbow/forearm/wrist AROM within normal limits & strength 90% **OR**  
Perform light activities with involved upper extremity & independent with home exercise program