

Distal Biceps Repair

Phase I - Maximum protection (0-7 days):

0-7 Days:

Complete immobilization in 90° splint
Sling for comfort

Phase II – Progressive stretching and passive motion (1- 6 weeks):

Week 1-3:

Discontinue sling: Bledsoe hinged elbow brace
Brace 90° to full flexion; may remove for therapy
Begin passive elbow flexion (90° - full, bands on brace); Passive and active extension to 90°
Begin active shoulder protraction/ retraction
At 2 weeks begin opening brace 15° per week (2 wk= 105°, 3=120°, 4=135°, 5=150°)

Weeks 3-6:

Maintain program as outlined in weeks 1-3 increasing ROM as above
Initiate passive supination/ pronation

Phase III – Active motion (6-8 weeks):

Weeks 6-8:

Discontinue brace at 6 weeks
Begin end range stretching
Begin active range of motion of the elbow and wrist in all planes
Begin rotator cuff and scapular strengthening program
Scapular stabilization exercises

Phase IV – Strengthening (8-12 weeks):

Weeks 6-8:

Continue with end range stretching
Begin resisted biceps strengthening
Begin wrist and forearm strengthening all planes

Week 12:

Begin global upper extremity gym strengthening program
Advance intensity of forearm and strengthening, including wrist extension

Please See Reverse Side For Continuation

Phase V – Return to sports/manual labor (12-16 weeks):

Follow- up appointment with physician

Initiate return to sport program per physician approval