

Distal Biceps Tendon Repair

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-2	<ul style="list-style-type: none"> Reduce pain/edema Protect surgical site Patient education on precautions/expectations 	<ul style="list-style-type: none"> Sling on at all times NWB involved UE No active elbow flexion or forearm supination until week 4 	<ul style="list-style-type: none"> PROM elbow flexion (per restrictions) and forearm supination/pronation at 5-7 days Modalities PRN Grip strengthening in neutral position
Weeks 2-6	<ul style="list-style-type: none"> Reduce pain/edema Protect surgical site Continue patient education on precautions/restrictions Progress PROM elbow flexion in hinged brace Initiate AAROM/AROM elbow flexion in hinged brace 	<ul style="list-style-type: none"> NWB involved UE Avoid shoulder hyperextension Avoid eccentric pronation or supination strengthening 	<ul style="list-style-type: none"> ROM: see precautions Shoulder AROM, see precautions Wrist/hand AROM Sub-max isometrics for triceps Sub-max, pain-free isometrics for biceps with forearm neutral CV: Stationary bike, Walking (no treadmill)
Weeks 7-12	<ul style="list-style-type: none"> Achieve full ROM Reduce muscle atrophy Progress strength 70% LSI elbow flexion 	<ul style="list-style-type: none"> NWB involved UE until week 8 No lifting with repaired UE until week 8 Avoid eccentric biceps contraction Do not force elbow/forearm ROM until 8 weeks Initiate single plane and progress to multiplane 	<ul style="list-style-type: none"> Progress elbow/forearm AROM Progress elbow flexion strengthening up to 5-10 pounds per patient tolerance Progress isometrics to light isotonic at 8 weeks Scapulothoracic strength/endurance Gradual UE weight-bearing progression Shoulder strengthening at week 10 CV: Stationary bike, Swimming, Water jogging, Elliptical
Weeks 12+	<ul style="list-style-type: none"> Advanced strengthening Full high velocity movements 	<ul style="list-style-type: none"> No swelling/pain lasting more than 24 hours after activity 	<ul style="list-style-type: none"> Progressive resistive exercises with elbow flexion Eccentric training beginning in mid-range progressing to end-range Sport specific training at week 16 Plyometrics and velocity training at week 16 Single arm plyometric after week 20

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.