



Post-Operative Rehabilitation for Distal Biceps Tendon Repair

Phase I: Weeks 0-3

- Brace
 - Locked in neutral- worn at all times, including sleep.
- ROM
 - **NO** elbow ROM
- Exercises:
 - Gentle wrist and shoulder AROM

Phase II: Weeks 3-6

- Brace
 - Worn at all times (including exercise). Remove for showering.
- ROM
 - Active extension to 30° in brace
- Exercises:
 - Continue wrist and shoulder ROM
 - Begin active extension to 30°
 - **NO** active flexion
 - Gentle joint mobs

Phase III: Weeks 6-9

- Brace:
 - Worn at all times (including exercise). Remove for showering.
- ROM
 - Active extension to 0° in brace
- Exercises:
 - Continue wrist and shoulder ROM/flexibility
 - Begin rotator cuff/deltoid isometrics
 - **NO** active elbow flexion
 - Gentle joint mobs

Phase IV: Weeks 9-12:

- Brace: discontinue use

- ROM
 - Gentle ROM to tolerance
- Exercises
 - Begin active elbow flexion and extension against gravity
 - Advance Phase III strengthening to resistive
 - Maintain shoulder/wrist ROM/flexibility

Phase V: 12weeks- 6mo.

- ROM
 - Gradual return to full/pain free ROM
- Exercises
 - Begin gentle progressive elbow flexion strengthening
 - Advance Phase IV exercises

Phase VI: 6 months +

- ROM: Full and pain free
- Return to full activity