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POSTOPERATIVE REHABILITATION PROTOCOL DISTAL BICEPS TENDON REPAIR

GENERAL

Sling and dressing on at all times for 1st week
Transition to hinged brace for weeks 2-6
No active elbow flexion/supination for 1st six weeks

Brace settings:

- Extension stop = 30° at week 1
- Extension stop = 15° at week 3
- Extension stop = 0° at week 5
- Brace off at week 6

PHASE 1

Weeks 2-6

Passive ROM: flex/ext/supination/pronation
Limit passive extension to 30° for 1st 2 weeks, then advance to full
Perform ROM exercises daily, 5x/day at home when not at PT
Advance to AAROM
Brace on at all times except during exercises
Wrist/shoulder ROM exercises without resistance as tolerated

PHASE 2

Weeks 6-9

Discontinue brace use
Continue passive/active assisted elbow ROM
Active supination and flexion allowed
Biceps isometrics
Cuff/deltoid isometrics

PHASE 3

Weeks 9 and beyond

Active elbow flexion against gravity
Advance to resisted flexion/supination
Maintain elbow/wrist/shoulder ROM
Advance to resistive strengthening of deltoid/rotator cuff