

Distal Biceps Tendon Repair – Rehabilitation Guidelines

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First week Post-Op

- Splint for 7-10 days

1 to 4 Weeks Post-Op

- Passive elbow flexion and passive supination (palm up position)
- *After 1 or 2 weeks*
 - 45° to full elbow flexion, avoid pronation (palm down position)
 - Forearm rotation (wrist rotation with palm up and palm down motion) with elbow held at 90°

4 to 8 Weeks Post-Op

- Start active range of motion, NO RESISTANCE
- After 4 weeks
 - 30° to full elbow flexion
- *After 5 weeks*
 - 20° to full elbow flexion
- *After 6 weeks*
 - 10° to full elbow flexion, full supination/pronation
 - Discontinue sling
- *After 7 weeks*
 - 0° (full extension) to full flexion

8 to 12 Weeks Post-Op

- Full ROM of elbow; full supination/pronation
- Begin with one lb and gradually increase
- Shoulder strengthening program

12 Weeks (3 months) Post-Op

- Progress weights/strengthening very slowly
- May initiate light weight training such as wall push-ups and light bench press
- May use arm for some light resisted activity. Progress slowly, and do not apply more force than you do when you are doing your strengthening exercises

6 Months Post-Op

- No restrictions
- Gradually return to all activities as pain and comfort allows