

Distal Biceps Tendon Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-1 HEP daily	Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM	Splint 90° flexion at all times No active supination	Gentle wrist and hand ROM Shoulder pendulum in splint Shoulder PROM exercises
Weeks 1-4 PT 1-2x/week HEP daily	Edema and pain control; full passive elbow flexion and forearm supination. Progressing active elbow extension and forearm pronation. Monitor for digit, thumb, wrist and shoulder stiffness.	Hinged Elbow Brace <u>locked</u> at: Week 1 goal: 90° extension Week 2 goal: 60° extension Week 3 goal: 30° extension Remove for shower & exercises	Gradually increase elbow ROM: Week 2: 60-100° Week 3: 30-115° Week 4: 0-130° Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Gripping exercises Triceps isometrics (week 5)
Weeks 4-8 PT 1-2x/week HEP daily	Full ROM	DC brace at 4 weeks 2 lbs	Weeks 4+: Begin biceps isometrics Active flexion against gravity (week 8) Resistive strengthening cuff/deltoid Upper body ergometry (week 10)
Weeks 8-12 PT 1-2x/week HEP daily	Progressive AROM and Improve strength	5 lbs lifting restriction	ROM and stretching exercises Elbow flexion resistive strengthening Progress strengthening as tolerated Plyometrics and sport specific exercises
Weeks 12+ HEP daily	Return to play Unrestricted activity	Return to sport (MD directed)	Maintain ROM and strength