

Distal Biceps Repair Rehab Protocol

Dr. Nielsen

0-2 weeks

- Post-op splint
- Sutures out 2 weeks

2-6 weeks

- Hinged elbow brace
 - Lock at 90 degrees between ROM exercises
- Active elbow extension to 0 degrees as tolerated
- **Passive elbow flexion** to full flexion
 - NO active elbow flexion or supination (twisting forearm palm up)
 - Until 6 weeks, active extension in pronation is preferred
- 2 pound lifting restriction with brace locked at 90 degrees
- Begin superficial scar massage/desensitization

6-12 weeks

- Hinged elbow brace
 - Lock at 90 degrees between ROM exercises
- **Active elbow flexion** and forearm supination (twisting forearm palm up)
- Passive extension to regain full extension as needed
- 5 pound lifting restriction with brace locked at 90 degrees

12-16 weeks

- Wean out of brace
- **Begin strengthening** for elbow flexion and supination, progress as tolerated
 - Formal therapy often initiated

16+ weeks

- Full use