



## Distal Biceps Tendon Repair – Dr. Ramirez

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
<b>Weeks 0-1</b> <b>No formal therapy</b> <b>HEP daily</b>	Pain control  Protect surgical site  Posterior splint/brace at 90 degrees flexion	Max elbow extension to lacking 90 degrees (90 deg flexion)  Neutral forearm rotation	No elbow intervention until 2 weeks post-op  Wrist and hand ROM
<b>Weeks 1-3</b> <b>2-3x/ week</b> <b>HEP daily</b>	Begin active elbow extension  Begin forearm rotation  Protect surgical site	Active extension to 30 degrees  Active pronation  Passive supination	PROM flexion  P/AA/AROM extension  A/AA/PROM pronation  PROM supination
<b>Weeks 3-6</b> <b>2-3x/week</b> <b>HEP daily</b>	Restore elbow extension	Full active extension  Active pronation  Passive supination	Same as above
<b>Weeks 6-12</b> <b>Up to 2x/week</b> <b>HEP daily</b>	Full elbow ROM  Initiate light strengthening	Lifting limited to 1#  Active pronation/supination  Avoid stretching	Begin flexion AAROM to AROM  AROM pronation, supination  Submaximal elbow flexion and forearm supination isometrics  Gentle flexion/extension strengthening up to 1#

Months 4-6 Frequency as clinically indicated		Activities as tolerated	Progress gradual strengthening
<b>Months 6+</b>	Return to PLOF	None	

\*Rehab to start 2 weeks post-op