

**DISTAL BICEPS TENDON REPAIR
REHABILITATION PROTOCOL
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Distal Biceps Tendon repair program is an evidence based and soft tissue healing dependent program which allows patients to progress to vocational and sports related activities as quickly and safely as possible. Individual variations will occur based on patient tolerance and “response to treatment.” Please feel free to contact us with questions.

PHASE I (0 – 3 weeks)

Brace: Immobilizer locked in neutral. Maintain immobilizer at all times expect for hygiene.

ROM Exercises: Avoid elbow ROM. Gentle wrist and shoulder ROM.

PHASE II (3 – 6 weeks)

Brace: Active extension to 30 degrees in brace. Including during exercise, maintain immobilizer at all times except to hygiene.

ROM: Continue with wrist and shoulder ROM, begin active extension to 30 degrees. No active flexion, gentle joint mobilizations.

PHASE III (6 – 9 weeks)

Brace: Active extension to 0 degrees in brace. Including during exercise, maintain immobilizer at all times except to hygiene.

ROM: Continue with wrist and shoulder ROM

Strengthening: Begin rotator cuff and deltoid isometrics, progress active extension in brace.

PHASE IV (9 – 12 weeks)

Brace: Discontinue

ROM: Gently advance ROM as tolerated to full. Maintain flexibility and ROM.

Strengthening: Begin active flexion and extension against gravity, advance strengthening in phase III to resistive,

PHASE V (12 weeks – 6 months)

ROM: Advance ROM as tolerated.

Strengthening: Begin gentle flexion strengthening, advance activities in phase IV.

PHASE VI (6 months to 8 months)

Full ROM. Return to full activity.