



GOLDEN STATE ORTHOPEDICS & SPINE

Distal Biceps Tendon Repair Post-Operative Rehabilitation Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Protect Repair + Early ROM

Weeks 0 - 4

Goals

Protect Repair

Regain full shoulder AROM

Full passive flexion/extension of elbow as tolerated

- Shoulder sling immobilizer for 4 weeks - all times except showering and PT
- AROM shoulder exercises, no restrictions
- PROM -> AAROM -> AROM of elbow extension **without** resistance
- Passive elbow flexion
- Stationary bicycle, with shoulder sling on
- Begin supination/pronation of elbow without resistance

Modalities: Heat/ice before/after PT sessions

Phase II - Range of Motion

Weeks 4 - 8

Goals

Discontinue sling immobilization

Begin Elbow Flexion AROM

- Continue previous exercises
- AROM of elbow with passive stretching at end ROM
- Begin light rotator cuff and deltoid isometrics with arm at side
- Modalities per PT discretion

DR CHARLES PRESTON

REHABILITATION PROTOCOLS



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Phase III - Strengthening

Weeks 8 - 12

Goals

Full AROM of the elbow without discomfort

Begin strengthening at the biceps at **8 weeks**

- Continue previous exercises
- AROM, AAROM through full motion
- Begin shoulder abduction, external rotation, flexion, extension with resistance bands
- Light resistive biceps strengthening can begin with isometrics
- UE ergometer

Phase IV - Functional Return to Activity

Months 3 - 6

Goals

Continue to progress with ROM and strengthening exercises

Sport-specific rehabilitation can begin

- Isotonic biceps strengthening at three months
- Full return to sport at 5-6 months

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____