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Distal Biceps Repair Rehabilitation Guidelines

I. Phase I (Week 1)

- Posterior splint at 90 degrees of elbow flexion for two weeks
- Wrist and hand gripping exercises

PRECAUTIONS: Posterior splint at 90 degrees is to be left on for 10-14 days. Do not begin active supination for 14 days

II. Phase II (Week 3 - 6)

- Elbow ROM brace
- Begin passive and assisted active supination
- Progress to active flexion as tolerated
 - Week 3 at 45 - 100 degrees
 - Week 4 at 30 - 115 degrees
 - Week 6 at 15 - 130 degrees
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 - 6 isometric triceps exercises

III. Phase III (Week 6 - 10)

- Elbow ROM brace
 - Week 8 at 0 - 145 degrees
- Week 8 begin
 - Isotonic triceps
 - Isotonic wrist extensor / flexor
 - Shoulder isotonic

Discontinue use of elbow brace at week 9-10.

IV. Phase IV (Week 10 - 16)

- Biceps isometrics Week 8-10
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10-12 UBE

V. Phase V (Week 16 - 26)

- Biceps isotonic (light) Week 10-12
- Plyometrics

VI. Phase VI (Week 26 and beyond)

- Return to activities (Sport Specific)