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Rehabilitation Protocol Distal Biceps Tendon Repair

Weeks

- 0-2 Splint immobilization
- 2-4 Removable hinged elbow brace blocked at 60 deg extension/full flexion
- 4-8 Hinged brace to 30 deg extension
Advance 10 deg per week until full extension obtained
Soft tissue stretch to tolerance
May remove brace for motion
AROM/PROM shoulder, forearm, and wrist
No lifting over 5lbs
- 8-12 Continue ROM work
Progress functional activities to tolerance
May remove brace for sleeping
- 12-16 Discontinue elbow brace for all activity
Isotonic strengthening – start with 5lb biceps curl and progress at low levels as tolerated
Isokinetic strengthening for supination and elbow flexion
- 16-24 Endurance/neuromuscular training
Work hardening
Return to work