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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