



Distal Biceps Tendon Repair Rehabilitation Program

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Diagnosis: Right / Left Distal Biceps Tendon Repair _____

Date of Surgery: _____

Weeks 0-3 (Phase I):

- ›› Sling in neutral worn at all times
- ›› Gentle wrist and shoulder ROM ok

Weeks 3-6 (Phase II):

- ›› Active extension to 30 degrees in hinged elbow brace. Continue sling or brace
- ›› No active elbow flexion
- ›› Gentle elbow joint mobilizations

Weeks 6-9 (Phase III):

- ›› Active elbow extension to full
- ›› Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics
- ›› Modalities per therapist's discretion

Weeks 9-12 (Phase IV):

- ›› Gently advance ROM as tolerated
- ›› Begin active flexion and extension tolerance against gravity
- ›› Advance strengthening in phase III to resistive, maintain flexibility/ROM

Months 3-6 (Phase V)

- ›› Being gentle elbow flexion resistance, strengthening
- ›› Advance activities as tolerated
- ›› Full return to play/duty typically at 6 months when ROM is full and pain free

For more information please visit: www.tsaog.com/drnuelle