

Distal Biceps Repair Protocol

Week 0-2 – Maximum Protection Phase

- Precautions:
 - No resisted supination for 6 weeks
 - No resisted elbow flexion for 6 weeks
 - Brace locked at 90°
 - PROM exercises may be done in supine position using triceps to actively extend and lower elbow.
- Passive ROM 90° to full flexion
- Scar tissue mobilization

Week 2-4 – Continued Maximum Protection

- Progress to 45° - full flexion passive ROM
- Brace may be adjusted to allow elbow to go to 45°
- Continued scar tissue mobilization

Week 4-6 – Light Active Phase

- Progress to full elbow and wrist (supination) PROM
- Light stretching of biceps may be incorporated at first end-feel
- Begin Active ROM in standing

Week 6 – Light Resistance

- Continued stretching with joint limitations or tissue limitation. Stretching to mid-range within tolerance
- If full active and passive ROM are achieved:
 - Begin light load resistance (do not combine elbow flexion and wrist supination) with high repetition
 - Lifting no greater than 5 lbs.

Week 8-10

- Progress resistance to 10 lbs.
- Combination movements with 5 lbs.

Week 12

- Progress to heavier load lifting as tolerated per functional goals/needs