



Distal Biceps Repair Postoperative Rehabilitation Protocol Date of Surgery: _____

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM	Splint 90° flexion at all times No active supination	Gentle wrist and hand ROM Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair ROM 15-130°	Brace locked at 90° Remove for shower & exercises No active elbow flexion No active supination	Gradually increase elbow ROM: Week 2: 45-100° (only if no tension on repair intraoperatively*) Week 4: 30-115° Week 6: 0-130° For motion: Rest arm on table, with forearm hanging over edge, can then actively extend Sleep with brace locked Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Gripping exercises Triceps isometrics (week 5)
Weeks 6-12 PT 1-2x/week HEP daily	Full ROM Protect surgical repair	Weeks 6-8: Discontinue brace No lifting objects >1lb (coffee cup weightbearing) Weeks 8-12: No lifting objects >3lb	Weeks 6-8: Full elbow ROM Active extension, AA/P flexion Continue wrist, hand, shoulder ROM Begin cuff/deltoid isometrics Begin gentle biceps isometrics Active flexion against gravity Progress to light biceps isotonic (less than 3lb until week 12) Weeks 8-12: Resistive strengthening cuff/deltoid Upper body ergometry (week 10)
Weeks 12-24 PT 1-2x/week HEP daily	Improve strength	No brace	Weeks 12-16: ROM and stretching exercises Elbow flexion resistive strengthening Weeks 16-24: Progress strengthening as tolerated Plyometrics and sport specific exercises

