



Sports Medicine

University of Colorado

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Distal Biceps Tendon Repair Rehab Protocol

POSTOPERATIVE MANAGEMENT:

Posterior splint at 90 degrees of elbow flexion. Keep this dry.
Wrist range of motion and hand gripping exercises

Week 2 (After post-op visit)- Week 5:

- Transition from posterior splint to hinged elbow brace
 - Week 2: ROM 45-100
 - Week 4: ROM 30-115
 - Week 6: ROM 15-130
- Rotator cuff shoulder exercises with scapula strengthening
- Wrist extension and flexion range of motion with gripping exercises
- NO active elbow flexion or supination

Week 5-6:

- Introduce isometric triceps exercises
- Continue exercises listed above

Week 6-8:

- Focus on regaining full Elbow ROM
- Continue exercises listed above
- Discontinue brace at week 8 when ROM is comfortable 0-145

Week 8:

- Introduce light isotonic triceps exercises
- Isotonic wrist flexors/extensors
- Isotonic shoulder exercises with rotator cuff and scapula exercises

Week 10-12:

- Introduce Upper Body Ergometer
- Continue exercises listed above

Week 12-16:

- Introduce biceps isometric exercises
- Continue exercises listed above

Week 16-26:

- Introduce biceps isotonic plyometrics
 - Week 15: Two handed
 - Week 20-22: Progress to one-handed

Week 26+:

- Sport specific training with goal of returned back back to activity

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician