

Distal Biceps Repair Rehabilitation Protocol

| | Brace | Range of Motion | Exercises |
|--|---|---|--|
| Phase 1 0-2 weeks | Splint at all times | None | None |
| Phase 2 2-6 weeks | Elbow brace with 45° extension block Elbow brace at all times except for hygiene | Begin active assist ROM Initially Limit Extension to 45°, Advance to full extension by 6 weeks. | Wrist/Shoulder ROM exercises No active flexion |
| Phase 3 6-9 weeks | None | Continue passive/active assist elbow ROM | Begin biceps isometrics No active flexion Begin rotator cuff and deltoid isometrics Maintain shoulder and wrist ROM |
| Phase 4 9-12 weeks | None | Full and pain free | Begin active flexion against gravity No biceps resistance flexion Advance active resistance for deltoid and rotator cuff only |
| Phase 5 12 weeks – 6 months | None | Full | Being gradual elbow strengthening against resistance and progress to full activity |