Distal Biceps Repair Protocol

Week 1

• *Posterior splint* at 90 degrees for 5-7 days
• Elbow placed in *ROM brace* at 5-7 days post-op with ROM set at 45 degrees to full flexion

Week 2 and week 3:

• 45 to full elbow flexion
• Passive ROM to elbow flexion and supination
• AAROM for elbow extension and pronation
• Isometrics

Week 4:

• 30 to full elbow flexion
• AAROM elbow flexion
• Active ROM; no resistance applied

Week 5:

• 20 to full elbow flexion
• Active ROM elbow flexion

Week 6:

• 10 to full elbow flexion

Week 8:

• Full ROM of elbow, full supination and pronation
• Begin with 1lb. and gradually increase

Week 12:

• May initiate light weight training such as bench press and shoulder press