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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