

## Post-Operative Rehabilitation: Distal Biceps Tendon Repair

Weeks 0-2
<ul style="list-style-type: none"><li>• Sling and Splint all times</li></ul>
Weeks 2-6
<ul style="list-style-type: none"><li>• Please make patient removable extension block splint at 45°</li><li>• Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.</li><li>• Splint all times other than exercises</li><li>• Wrist/Shoulder ROM exercises</li></ul>
Weeks 6-9
<ul style="list-style-type: none"><li>• May D/C elbow Splint</li><li>• Continue Passive/Active Assist ROM Elbow</li><li>• Begin Biceps Isometrics</li><li>• Begin Cuff/Deltoid Isometrics</li><li>• Maintain Wrist/Shoulder ROM</li></ul>
Weeks 9-12
<ul style="list-style-type: none"><li>• Begin Active Elbow Flexion against gravity</li><li>• Maintain ROM Elbow/Wrist/Shoulder</li><li>• Advance to resistive Strengthening Deltoid/Rotator Cuff</li></ul>
Months 3-6
<ul style="list-style-type: none"><li>• Begin Gradual elbow flexion strengthening and advance as tolerated.</li></ul>