

Rehabilitation Program for Distal Biceps Repair

I. Phase I (Week 1)

- Posterior splint at 90 degrees of elbow flexion for two weeks
- Wrist and hand gripping exercises

PRECAUTIONS: Posterior splint at 90 degrees is to be left on for 14 days
Do not begin active supination for 14 days

II. Phase II (Week 3 – 6)

- Elbow ROM brace
- Begin passive and assisted active supination
- Progress to active supination as tolerated
 - Week 3 at 45 – 100 degrees
 - Week 4 at 30 – 115 degrees
 - Week 6 at 15 – 130 degrees
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises

III. Phase III (Week 6 – 10)

- Elbow ROM brace
 - Week 8 at 0 – 145 degrees
- Week 8 begin
 - Isotonic triceps
 - Isotonic wrist extensor / flexor
 - Shoulder isotonic

Discontinue use of elbow brace at week 9-10

IV. Phase IV (Week 10 - 16)

- Biceps isometrics Week 8-10
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10 – 12 UBE

V. Phase V (Week 16 – 26)

- Biceps isotonics (light) Week 10-12
- Plyometrics

VI. Phase VI (Week 26 and beyond)

- Return to activities (Sport Specific)