

DISTAL BICEPS TENDON REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • No physical therapy appointments needed • Remain in splint x7-14 days (until first post-op appointment) – keep it clean and dry • Use sling as needed
Weeks 2-6	<ul style="list-style-type: none"> • Transition to hinged elbow brace (provided at first appointment) <ul style="list-style-type: none"> • Use at all times except therapy and bathing • Passive flexion and active extension: <ul style="list-style-type: none"> • Full flexion to 40 degrees short of full extension • Full pronation/supination allowed • Advance 10 degrees of extension/week • At week 6, full ROM achieved • Strict non-weight bearing (no resistance) • Wrist/shoulder ROM exercises unrestricted • Rotator cuff/deltoid isometrics as needed
Weeks 6-8	<ul style="list-style-type: none"> • Transition to full PROM → AAROM → AROM as tolerated • Continue strict non-weight bearing • Goal = full AROM
Weeks 8-12	<ul style="list-style-type: none"> • Focus on regaining full AROM if not done already • May begin light (1-2 lbs) resistance training with elbow flexion/supination
Weeks 12+	<ul style="list-style-type: none"> • Begin gradual elbow flexion/supination strengthening program as tolerated without restrictions