



Michael S. Day, MD, MPhil  
WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101  
Tel: (717) 263-1220 Fax: (717) 263-6255

## Distal Biceps Tendon Repair Rehabilitation Guidelines

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

### IMMOBILIZATION

- Posterior splint
- Elbow immobilization at 90 degrees for 7-10 days

### BRACE (if prescribed)

- Elbow placed in ROM brace at 7-10 days post-operative
- ROM set at 45 degrees to full flexion
- Gradually increase elbow ROM in brace

### RANGE OF MOTION PROGRESSION

- Week 2: 45 degrees to full flexion
- Week 3: 45 degrees to full flexion
- Week 4: 30 degrees to full flexion
- Week 5: 20 degrees to full flexion
- Week 6: 10 degrees to full flexion; full supination/pronation
- Week 8: full ROM of elbow; full supination/pronation

### RANGE OF MOTION EXERCISES

- Week 3-5: passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation
- Week 6-8: initiate AAROM elbow flexion, okay to begin active ROM elbow flexion if patient is progressing well
- Week 9: active ROM elbow flexion if patient has not yet begun

### STRENGTHENING PROGRAM

- Week 2-3: isometrics for triceps and shoulder muscles
- Week 9: active ROM, no resistance applied
- Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation ○  
Begin with one pound and gradually increase shoulder strengthening program
- Week 14: may initiate light weight training such as bench press and shoulder press

Comments: Frequency: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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*Please send Progress notes*