

Distal Biceps Repair Rehab Protocol

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➤ Initial Postoperative Immobilization

Posterior splint in 90 degrees of flexion and neutral forearm rotation until first visit (7-10 days)

➤ After first postoperative visit

Elbow placed in hinged brace (full flexion and locked at 30 degrees)

Brace is gradually adjusted to allow progressively more extension over the next several weeks

Week 3- 20 degrees to full flexion

Week 4- 10 degrees to full flexion

Week 5- full range of motion

Week 6- discontinue hinged elbow brace if full motor control

➤ Strengthening

Shoulder and wrist range of motion is encouraged throughout

Begin flexion and supination strengthening at 8 weeks post-op if previous goals are met

Week 8-10: Weight training with < 5 lbs.

Week 12: Progress weight training

Most patients realize full recovery at ~ 6 months post-op.