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**Post-Operative Rehabilitation Guidelines for
Distal Biceps Tendon Repair**

0-First Post-Op Visit: Sling and Splint all times

2-6 Weeks: Please make patient removable extension block splint at 45°
Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.
Splint all times other than exercises
Wrist/Shoulder ROM exercises

6-9 Weeks: May D/C elbow Splint
Continue Passive/Active Assist ROM Elbow
Begin Biceps Isometrics
Begin Cuff/Deltoid Isometrics
Maintain Wrist/Shoulder ROM

9-12 Weeks: Begin Active Elbow Flexion against gravity
Maintain ROM Elbow/Wrist/Shoulder
Advance to resistive Strengthening Deltoid/Rotator Cuff

Week 12 – 6 months: Begin Gradual elbow flexion strengthening and advance as tolerated.