

Distal Biceps Tendon Repair

General

Sling for the first week following surgery; brace protocol as below

No active flexion/supination for 6 weeks

No passive extension/pronation for 6 weeks

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-6 (passive)

Gentle pendulum exercises

Modalities as necessary to keep down inflammation

Brace settings

- Flexion stop = 100 at week 1
- Flexion stop = 120 at week 2
- Flexion stop = 140 at week 3
- Flexion stop = 160 at week 4
- Flexion stop = 180 at week 5
- Brace off at week 6

Weeks 6-8 (active)

Full active elbow flexion/extension

Full active forearm supination/pronation

Full active shoulder range of motion

Weeks 8-12 (resistance training)

Resisted forearm supination/pronation

Resisted shoulder IR/ER with bands

Standing forward punch

Seated rows

Shoulder shrugs and scapular stabilization

Bear hugs

Week 12

Keep hands within eyesight; keep elbows bent

No military press; no pull downs behind head; no wide grip bench

Minimize overhead activity

Gradual increases in resistance to full strength in 20-24 weeks

Return to run program = elliptical → treadmill → outdoor running

Return to activities

- Computer at 4 weeks
- Running at 12 weeks
- Sports-specific activity 4-6 months