

Distal Biceps Tendon Repair: Post-op Protocol

Week 1: Return in 7-10 days for wound check. Either continue posterior splint or place in hinged elbow brace at 90 for 1 more week. Patient encouraged to do hand, finger ROM exercises for edema control while in splint. No active supination.

Week 2: Remove sutures Place in brace if not already in one. Keep locked at 90 degrees when home. Begin physical therapy working on active extension and passive/rubber band assisted flexion, as tolerated. Maintain 30-degree extension block for 1st 4 weeks post operatively. No active flexion exercises. May begin passive supination as tolerated with arm in 90 degrees of flexion, active pronation as tolerated. Modalities, edema control, scar massage.

Weeks 3-4: Continue active extension while maintaining 30-degree extension block, passive flexion. Active pronation, passive supination as tolerated.

Weeks 4-6: Discontinue 30-degree extension block as tolerated, continue to wear brace.

Weeks 6-9: May begin gentle gravity resisted flexion / active supination.

Weeks 9-12: Discontinue brace when able to actively flex elbow to 90 degrees. Continue flexion against gravity, progress slowly with weight gentle resisted supination (5-7 lbs. max for weeks 9-10).

Week 12+: Progressive strengthening program as tolerated. Full activity allowed at 5-6 months.