

Rehabilitation Protocol for Distal Biceps Tendon Repair



Dr. Feinstein

	ROM	BRACE	EXERCISES
PHASE I 0-2 WEEKS	None	Splint immobilization	Gentle shoulder ROM
PHASE II 2-4 WEEKS	<ul style="list-style-type: none"> • Full flexion • Extension to 40° • Full forearm rotation 	<ul style="list-style-type: none"> • At all times except hygiene • Limit extension to 40° 	<ul style="list-style-type: none"> • Limit motion to active • Avoid passive stretching • Edema control • Grip strengthening
PHASE III 4-5 WEEKS	<ul style="list-style-type: none"> • Full flexion • Extension to 20° • Full forearm rotation 	<ul style="list-style-type: none"> • At all times except hygiene • Limit extension to 20° 	<ul style="list-style-type: none"> • Continue active ROM • Progress to passive extension • Grip strengthening
PHASE IV 5-6 WEEKS	<ul style="list-style-type: none"> • Full flexion • Extension to 10° • Full forearm rotation 	<ul style="list-style-type: none"> • At all times except hygiene • Limit extension to 10° 	<ul style="list-style-type: none"> • Continue active ROM • Progress to passive extension
PHASE V 6-12 WEEKS	Advance to full elbow flexion & extension	At all times except hygiene until full ROM, then gradually wean out	<ul style="list-style-type: none"> • Active & passive ROM as tolerated • May begin combined motions (elbow & forearm) • Progressive strengthening program
PHASE VI 12+ WEEKS	Full & pain free	None	<ul style="list-style-type: none"> • Advance functional activity • Begin light upper extremity weight training • Return to full activity at ~5 months

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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