**Distal Biceps Tendon Repair**

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| Post Op Time: | Exercise Progression |
| Day 7-10 | * Immobilization in splint with elbow at 90º of flexion
* Encourage digital, shoulder ROM
* Elevation
* Pain Control
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| Week 1-5 | * Elbow immobilized in flexion-assisted Bledsoe brace with gradual extension (Week 2: 75º, week 3: 60º, week 4: 45º, week 5: 30º)
* Gentle supervised passive ROM (active extension) from 30º to 150º
* Passive supination / pronation with elbow at 90º flexion
* Digital / wrist ROM encouraged
* Edema control
* May initiate gentle biceps isometrics at 4 weeks
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| Week 6-12 | * Wean out of elbow brace
* Unrestricted active and passive ROM and supination / pronation
* Light strengthening – Avoid eccentric contractions
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| Month 3-6 | * Continue with strengthening protocol
* Clearance for full unrestrictive activity between 4-6 months of discretion of surgeon
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