**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 |
| 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 |
| Week 6-12 | * Wean out of elbow brace * Unrestricted active and passive ROM and supination / pronation * Light strengthening – Avoid eccentric contractions |
| Month 3-6 | * Continue with strengthening protocol * Clearance for full unrestrictive activity between 4-6 months of discretion of surgeon |