



Christopher K. Jones, MD
Colorado Springs Orthopaedic Group
(719) 632-7669

Rehabilitation Protocol For Distal Biceps Tendon Repair

You have undergone a repair of your biceps tendon at your elbow. It is vital to protect this repair in order to achieve your best outcome. This protocol outlines your restrictions and physical therapy goals specific to each phase of your recovery.

Phase 1 Week 1 (Post Operative Maximal Protection)

- Arm will be immobilized in posterior splint
- Continuous use of sling
- Keep bandage and incision clean and dry
- Finger range of motion (ROM)

Phase 2 Weeks 2-3 (Initiate ROM)

- Discontinue splint but continue to use sling
- Limit extension to 45 degrees
- All motion must be passive (moved with your other arm)
- Avoid active or active-assisted biceps contraction
- May shower but no hot tubs or baths

Phase 3 Weeks 4-6 (Initiate biceps contractions)

- Continue use of sling unless working on ROM
- Range of Motion - Increase elbow extension approximately 10 degrees/week with goal of near full extension by end of week 6
- Begin active-assisted elbow flexion and wrist supination
- Begin shoulder ROM, scapular clocks

Phase 4 Weeks 6-10 (active ROM)

- May discontinue use of sling
- Begin unassisted active elbow flexion, wrist supination
- Begin Biceps isometrics
- May resume activities of daily living
- Avoid lifting any weight with your repaired arm

Phase 5 Weeks 11+ (strengthening)

- May begin resistance exercises for elbow flexion and wrist supination
- All weight activities should focus on form and number of repetitions and not weight