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DISTAL BICEPS TENDON REPAIR POSTOPERATIVE REHABILITATION PROTOCOL

IMMOBILIZATION

- Initially placed in posterior elbow splint (90°)
- Elbow immobilized at 90 degrees for 7-10 days

BRACE

- Elbow placed in hinged elbow brace at 7-10 days post-operative
- Range of motion (ROM) set at full flexion to 45° of extension
- Gradually increase elbow ROM in brace

RANGE OF MOTION PROGRESSION: Will be increased each week, within the brace

- Week 2: Full flexion to 45° of extension
- Week 3: Full flexion to 45° of extension
- Week 4: Full flexion to 30° of extension
- Week 5: Full flexion to 20° of extension
- Week 6: Full flexion to 10° of extension; full supination/pronation
- Week 8: Full ROM of elbow; full supination/pronation

RANGE OF MOTION EXERCISES

- Week 3-5: passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation
- Week 6-8: initiate AAROM elbow flexion
- Week 9: active ROM elbow flexion

STRENGTHENING PROGRAM

- Week 2-3: isometrics for triceps and shoulder muscles
- Week 9: active ROM, no resistance applied
- Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation
 - Begin with one pound and gradually increase shoulder strengthening program
- Week 14: may initiate light weight training such as bench press and shoulder press