

# Post-Operative Rehabilitation Guidelines for Distal Biceps Tendon Repair

Jas Chahal MD MSc MBA

## 0-First Post-Op Visit:

- Sling and Splint all times

## 2-6 Weeks:

- Please make patient removable extension block splint at 45°
- Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.
- Splint all times other than exercises
- Wrist/Shoulder ROM exercises

## 6-9 Weeks:

- May D/C elbow Splint
- Continue Passive/Active Assist ROM Elbow
- Begin Biceps Isometrics
- Begin Cuff/Deltoid Isometrics
- Maintain Wrist/Shoulder ROM

## 9-12 Weeks:

- Begin Active Elbow Flexion against gravity
- Maintain ROM Elbow/Wrist/Shoulder
- Advance to resistive Strengthening Deltoid/Rotator Cuff

## Week 12 – 6 months:

- Begin Gradual elbow flexion strengthening and advance as tolerated.