



After Distal Biceps Tendon Repair (at the Elbow)

Rehabilitation Protocol

Immobilization

- ❖ Posterior splint, elbow immobilization at 90 degrees for 5-7 days

Brace

- ❖ Elbow placed in hinged ROM brace at 5-7 days post-operative. ROM set at 45 degrees to full flexion
- ❖ Gradually increase elbow ROM in brace

Range of Motion Progression

- ❖ Week 2 45 degrees to full elbow flexion
- ❖ Week 3 45 degrees to full flexion
- ❖ Week 4 30 degrees to full elbow flexion
- ❖ Week 5 20 degrees to full elbow flexion
- ❖ Week 6 10 degrees to full elbow flexion; full supination-pronation
- ❖ Week 8 Full ROM of elbow; full supination-pronation

Range of Motion Exercises

- ❖ Weeks 2-3 Passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation
- ❖ Weeks 3-4 Initiate active-assisted ROM elbow flexion
- ❖ Week 4 Active ROM elbow flexion

Strengthening Program

- ❖ Week 1 Isometrics for triceps and shoulder muscles
- ❖ Week 2 Isometrics (submaximal biceps curls)
- ❖ Week 3-4 Active ROM, no resistance applied
- ❖ Week 8 PRE program is initiated for elbow flexion and supination/pronation
- ❖ Begin with one pound and gradually increase
- ❖ Program shoulder strengthening program
 - ✓ Weeks 12-14: May initiate light weight training such as bench press and shoulder press

Interval training programs for return to throwing, tennis, golf after shoulder injury.