

# Rehabilitation Protocol: Distal biceps repair

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## Phase I (0-1 weeks):

- Weight Bearing: Non-weight bearing
- Bracing: Sling for 1 week.
  - Can remove for home exercises and bathing
- Range of motion: none
- avoid active flexion and eccentric loading for 3 weeks
- Therapeutic Exercise:
  - Hand/wrist/elbow range of motion, grip strengthening

## Phase II (1-3 weeks):

- Weight Bearing: Non-weight bearing
- Discontinue Sling and use Elbow ROM brace
- Elbow ROM: 30-flexion as tolerated
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
  - Active flexion with assistance from other hand

## Phase III(3-6 weeks):

- Continue with active range of motion exercises
- Elbow ROM: full extension and flexion
- Begin Active motion of elbow

## Phase IV (6 weeks-3 months):

- Discontinue Brace
- Begin elbow strengthening
  - Week 6: 1-5 lbs in flexion
  - Week 7-8: 6-10 lbs in flexion
  - Week 8-12: increase by 1-2 lbs per week

## Phase V (3 months -6 months):

- Increase activities as tolerated
- Can increase strength as tolerated.

## Phase VI (6 months and on):

- Return to activities as tolerated.
- Full return to sports

