

## DISTAL BICEPS TENDON REPAIR REHABILITATION

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### **Instructions:**

#### **Range of motion:**

- For the first week post-operatively, maintain sling at all times except for during therapy and home-directed exercises.
- At one weeks post-operatively, the bandage will be removed and the patient can begin passive and active-assisted range of motion. They will be provided a hinged elbow brace with range of motion limitations. While there is no limit to flexion, with extension, some patients may be more comfortable if they limit extension to 30° initially and advance 5-10° per week towards a goal of full extension by six weeks post-operatively. Incorporate wrist and shoulder range of motion exercises.

#### **Strengthening :**

- 1) No strengthening for the first six weeks post-operatively.
- 2) At six weeks begin with biceps isometrics, progressing to light bands/weights as tolerated. No heavy bands/weights (limit 20 lbs) until 12 weeks post-operatively.
- 3) At twelve weeks post-operatively, the patient can advance as tolerated.

#### **Limitations:**

- Splint for the first week and then optional for the first six weeks.
- No strengthening for the first six weeks post-operatively.

Please provide with a home exercise program.

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### **Modalities**

Heat before therapy and ice after.