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Distal Bicep Repair Protocol

Phase I: Protect repair (0 to 2 weeks)

- Maintain splint until first follow-up visit
- Elevate above heart level first few days to minimize swelling
- Gentle hand squeezing exercises
- Passive supinating and active pronating forearm with elbow at side

Phase II: Progressive range of motion (2-8 weeks)

- No strengthening until 8 weeks
- Maintain elbow brace. Range of motion set to full flexion
- No active elbow flexion, OK for active extension
- Progress range of motion by 10-15° degrees per week
 - Weeks 2/3: 45° to full flexion
 - Week 4: 30° to full flexion
 - Week 5: 20° to full flexion
 - Week 6: 10° to full flexion

Phase III: Gradual return to strength (>8 weeks)

- Range of motion as tolerated
- At 8 weeks may begin active flexion then gradually progress with bicep isometrics, progressing with light bands and weights
- No weight greater than 20 pounds until 12 weeks post-operatively
- At 12 weeks post-op may progress and workout as tolerated