

Distal Bicep Tendon Repair Protocol
Dr. Bryan Perkins

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Posterior splint at 90° of elbow flexion -Transition to hinged elbow brace at 1st PT/OT appt with brace set at 50° to full flexion <p>HEP: wrist and hand gripping exercises, gentle shoulder motion (Weeks 0-2)</p>	<ul style="list-style-type: none"> -Education in conservative management, HEP, and cryotherapy
Phase I 0-4 weeks	<ul style="list-style-type: none"> -Elbow ROM: Weeks 0-2: 50° to full flexion, Week 3: 30° to full flexion, Week 4: 10° to full flexion -Strength guidelines: Week 1: sub-max isometrics for triceps and shoulder, Week 2: sub-max isometrics of bicep with forearm in neutral, Weeks 3-4: single plane active ROM elbow flexion/extension, forearm supination/pronation 	<ul style="list-style-type: none"> -Pain free elbow ROM as listed by timelines -HEP: Weeks 2-3 PROM elbow flexion and supination, Weeks 3-4 AAROM elbow flexion, PROM elbow ext, Week 4 AROM elbow flex/ext
Phase II 4-6 weeks	<ul style="list-style-type: none"> -ROM: Week 5: 0° to full flexion, Week 6: full ROM allowed and D/C brace if good motor control Strength: AROM exercises with no resistance 	<ul style="list-style-type: none"> -Full ROM of the elbow by 6 weeks. -D/C brace if adequate motor control
Phase III 6-8 weeks	<ul style="list-style-type: none"> -Continue with full pain free ROM -May begin combined motions -If patient has significant ROM deficits at 8 weeks postop, consult with surgeon about being more aggressive ROM 	<ul style="list-style-type: none"> -Begin combined motions -Work toward full pain-free ADLs
Phase IV 8-14+ weeks	<ul style="list-style-type: none"> -May begin resistive strengthening at 8 weeks postop for elbow flexion/extension and forearm supination/pronation -Progress with shoulder strengthening program as tolerated -May initiate UE weight training at 12-14 weeks 	<ul style="list-style-type: none"> -Progress to normal UE strength -Sport specific training may begin at 14 weeks