

Rehabilitation Program for Distal Biceps Repair

I. PHASE I (Week 1)

- Posterior splint at 90° of elbow flexion for two weeks
- Wrist and hand gripping exercises

PRECAUTIONS: Posterior splint at 90° is to be left on for 14 days.
Do not begin active supination for 14 days.

II. PHASE II (Week 3-6)

- Elbow ROM brace
- Begin passive and assisted active supination
- Progress to active supination as tolerated
- Week 3 at 45-100°
- Week 4 at 30-115°
- Week 6 at 15-130°
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors/flexors
- Gripping exercises
- Week 5-6 isometric triceps exercises

III. PHASE III (Week 6-10)

- Elbow ROM brace
 - Week 8 at 0-145°
- Week 8 begin:
 - Isotonic triceps
 - Isotonic wrist extensor/flexor
 - Shoulder isotonic

Discontinue use of elbow brace at week 9-10



IV. **PHASE IV (Week 10-16)**

- Biceps isometrics week 8-10
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10-12 UBE

V. **PHASE V (Week 16-26)**

- Biceps isotonics (light) week 10-12
- Plyometrics

VI. **PHASE VI (Week 26 and beyond)**

- Return to activities (sport specific)