



Richard Michelin, DO
Shoulder and Elbow Specialist
Lasvegasshoulderelbow.com
Crovettiortho.com



Distal Biceps Repair Rehab Protocol

Phase I: Early ROM and Protect Repair – 0-4 Weeks Post-Op

- Postoperative splint to be removed at 1 week post op
- Hinged elbow brace placed at 1 week
- Brace stays locked at 90 when in high risk situations and out of the house
- Unlock brace for motion 3-5 times daily for exercises and when resting at home to specified amount of extension based on week post operatively
- No AROM in supination, only PROM, gravity assist exercises to brace restriction is ok for flexion
- AROM ok in extension and pronation, can perform gravity assist with extension within limit of brace
- Pronation and supination performed at 90 flexion
- Week 2: Brace unlocked from 60 to full flexion
- Week 3: Brace unlocked from 30 to full flexion
- Grip ROM and strengthening exercises but know elbow strengthening
- Monitor, ice and elevate extremity to minimize swelling

Phase II: Progressive motion – 4-8 Weeks Post-Op

- Week 4-6: Brace unlocked completely full time, progressive AROM/PROM as tolerated
- Ok to begin AROM in flexion and supination at 4 weeks post op
- No lifting/varying > 5 pounds
- Discontinue brace all together at 6 weeks post op

Phase III: Restore Function and Strength – > 8 Weeks Post-Op

- May start gentle elbow and forearm strengthening at 8 weeks if motion has returned
- Progress to work specific and sport specific strengthening at 12 weeks
- Return to full activity at 16 weeks post op