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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Distal Biceps Tendon Repair Rehab Protocol

Phase 1:

Time Frame: 0-4 weeks

Goal: Protect repair and control swelling

Immobilization: None

Restrictions: no resistance to elbow – protect repair. Max lifting: pencil.

Exercises: Gripping exercises, wrist and finger ROM, shoulder ROM (maintain uninvolved joint mobility), control swelling. Gradually and gently advance elbow ROM.

Phase 2:

Time Frame: 4-8 weeks

Goal: Complete restoration of motion. Passive and active.

Immobilization: None

Restrictions: Lifting restriction: 2 lbs. at 4 weeks, 5 lbs. at 6 weeks, 10 lbs. at 6 weeks, 15 lbs. at 8 weeks, 25 lbs. at 10 weeks. Unrestricted at 12 weeks.