



FOX VALLEY ORTHOPEDICS

Distal Biceps Tendon Repair

Phase 1- postoperative care (7-10 days):

- Bulky dressing removed, wounds cleansed, light dressings are applied
- Hinged elbow brace is fitted, blocking the last 30 degrees of extension. Flexion is not blocked and is limited by the patient's comfort, dressings, and brace mobility

Phase 2 – Immediate Rehabilitation (1-6 weeks)

- Scar management
- Hinged brace continues.
 - o Day 0 to day 14 of therapy - Blocking the last 30 degrees of extension.
 - o Day 15 to day 24 of therapy - Blocking the last 15 degrees of extension.
 - o Day 25 to 38 of therapy - brace should be worn allowing full ROM.
- Exercises
 - o AROM and gentle PROM.
 - **No PROM beyond the ROM that the brace limits at that point in recovery.**
 - **May work on supination and pronation, but no active supination for 6 weeks.**
 - o Patient to exercise in brace at home.
 - o May come out of brace with therapist in clinic for exercises.

Phase 3 – Transitional Phase of Rehabilitation (6-7 weeks)

- Scar management
- Hinged brace
 - o Discontinue hinged brace if patient has full ROM
- Exercises:
 - o May initiate full PROM as tolerated, if ROM is still limited.
 - o May start active supination.

Phase 4 – Advanced Rehabilitation (8 weeks)

- May begin strengthening with bands or ≤ 2 lb