



Acute Distal Biceps Tendon Repair REHAB Protocol

The patient is placed in a posterior splint with the elbow in 90 degrees of flexion and the forearm in neutral rotation. This is kept in place for 1-2 weeks.

Weeks 1-2

- Splint is removed and gentle passive flexion is allowed
- Active extension to 30 degrees is allowed and encouraged
- Full extension is allowed as tolerated after 2 weeks from surgery, usually attained by 3-4 weeks

Week 4

- Patient is allowed to flex and extend against gravity as able

Week 6

- a gentle flexion strengthening program is allowed, starting with 1kg weights

3 Months

- Activity as tolerated is permitted

6 Months

- Full activity without restriction is allowed