



Chronic Distal Biceps Tendon Repair REHAB Protocol

ROM Limits

Week 2: 60 degrees to full elbow flexion

Week 3: 45 degrees to full elbow flexion

Week 4: 30 degrees to full elbow flexion

Week 5: 20 degrees to full elbow flexion

Week 6: 10 degrees to full elbow flexion

Start with elbow active extension against gravity, passive/active assist flexion.

At week 4 progress to active flexion and extension.

No strengthening until brace discontinued.

Shoulder ROM as needed based on evaluation, avoiding excessive extension.