

Physical Therapy Protocol Distal Biceps Tendon Repair

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-10

- Remain in posterior splint
- Elbow immobilized at 90 degrees with neutral forearm
- Transition to hinged elbow brace in clinic

Day 10-21

- Hinged elbow brace on at all times (except to shower)
- Brace unlocked from 60 degrees to full flexion

Hinged elbow brace progression

- Week 3: 60 degrees to full flexion
- Week 4: 45 degrees to full flexion
- Week 5: 30 degrees to full flexion
- Week 6: 20 degrees to full flexion
- Week 7: 10 degrees to full flexion
- Week 8: Remove brace – full elbow ROM

Week 3-8 (based on limitations as above)

- Passive ROM for elbow flexion and supination
- Assisted ROM for elbow extension and pronation
- Supination and pronation motion at 90 degrees of elbow flexion

Week >8

- Begin resistance and strength training
- Work towards home program
- Goal for full flexion, extension, supination and pronation