

# Distal Biceps Repair Rehabilitation Protocol

	Brace	Range of Motion	Exercises
<b>Phase 1</b> 0-2 weeks	Splint at all times	None	None
<b>Phase 2</b> 2-6 weeks	Elbow brace with 45° extension block Elbow brace at all times except for hygiene	Begin active assist ROM Initially Limit Extension to 45°, Advance to full extension by 6 weeks.	Wrist/Shoulder ROM exercises <b>No active flexion</b>
<b>Phase 3</b> 6-9 weeks	None	Continue passive/active assist elbow ROM	Begin biceps isometrics <b>No active flexion</b> Begin rotator cuff and deltoid isometrics Maintain shoulder and wrist ROM
<b>Phase 4</b> 9-12 weeks	None	Full and pain free	Begin active flexion against gravity <b>No biceps resistance flexion</b> Advance active resistance for deltoid and rotator cuff only
<b>Phase 5</b> 12 weeks – 6 months	None	Full	Begin <b>gradual</b> elbow strengthening against resistance and progress to full activity