

Distal Biceps Repair Rehabilitation Protocol

	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Splint at all times	None	None
Phase 2 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 No active flexion
Phase 3 6-9 weeks	None	Continue passive/active assist elbow ROM	Begin biceps isometrics No active flexion Begin rotator cuff and deltoid isometrics Maintain shoulder and wrist ROM
Phase 4 9-12 weeks	None	Full and pain free	Begin active flexion against gravity No biceps resistance flexion Advance active resistance for deltoid and rotator cuff only
Phase 5 12 weeks – 6 months	None	Full	Being gradual elbow strengthening against resistance and progress to full activity