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Distal Biceps Tendon Repair Rehabilitation

Week 0-1

- 1) Full time use of Post-Operative Splint

Weeks 2- 6

- 1) IROM hinge brace
 - Begin with 50° Extension lock
 - Decrease 10° per week
- 2) Wrist and hand ROM
- 3) Active shoulder motion in all planes
- 4) No Resistance/Lifting
- 5) No Active Biceps

Weeks 7- 12

- 1) Begin Physical Therapy
 - Active Elbow ROM
 - Active Forearm ROM
 - Manual therapy
- 2) Begin Low-level Resistance Exercises between weeks 8-12 upon MD approval
- 3) Initiate independent home motion
 - Home exercise program – Active Elbow & Forearm ROM: Daily 2-3x/day

Weeks 13

- 1) Advance to full active motion (all planes)
- 2) Transition to Independent Home Exercise Program
 - Stretching Daily
 - Strength 3x/Week

Please check our website for updates: <http://www.rcmclinic.com>

