

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Distal Biceps Repair

Phase 1 – Maximum Protection

Week 0 to 2:

- Complete immobilization in post-op splint

Phase 2 – Progressive Stretching and Passive Motion

Week 2-6:

- Progressively unlock brace by 10-15 degrees each week (full extension by week 6)
- Brace 90° to full flexion; may remove for therapy
- Begin passive elbow flexion- full range; Passive and active extension to 90°
- Begin active shoulder protraction/retraction
- Begin passive supination @ 3-4 weeks

Phase 3 – Active Motion

Week 6-8:

- Brace as needed for activities/ work at 6 weeks
- Begin active range of motion of the elbow and wrist in all planes
- Begin rotator cuff and scapular strengthening program
- Scapular stabilization exercises

Phase 4 - Strengthening

Week 10-11:

- Continue with end range stretching
- Begin resisted biceps strengthening
- Begin wrist and forearm strengthening all planes

Week 12-15:

- Begin resisted supination strengthening
- Begin global upper extremity gym strengthening program
- Advance intensity of forearm and hand strengthening
- Initiate Plyometric Drills
 - Plyoball wall drills
 - Double arm rebounder drills progressing to single arm

Phase 5 – Return to Sport

Week 16+:

- Initiate return to sport program per physician approval

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