

Distal Biceps Repair Rehabilitation Protocol Protocol A*

	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	Sling for comfort	Full without restrictions	Range of motion only
Phase 2 2-6 weeks	NONE	Goal is full ROM 0-130 by 6 weeks	Wrist/Shoulder ROM exercises No resisted biceps flexion *Coffee cup weight lifting restrictions
Phase 3 6-9 weeks	None	Continue passive/active assist elbow ROM	Begin biceps isometrics No resisted biceps flexion Begin rotator cuff and deltoid isometrics Maintain shoulder and wrist ROM
Phase 4 9-12 weeks	None	Full and pain free	Begin gradual elbow strengthening Advance active resistance for deltoid and rotator cuff
Phase 5 12 weeks – 6 months	None	Full	Progress to all work-specific and sport-related activity

*If i am able to repair your distal biceps with the elbow at FULL extension, then early on I have NO range of motion (ROM) restrictions; you will only have a sling for 1-2 days postop for comfort only

*Protocol B is the DELAYED rehab protocol

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