



Distal Biceps Tendon Repair Rehabilitation Program

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Diagnosis: Right / Left Distal Biceps Tendon Repair _____

Date of Surgery: _____

Weeks 0-3 (Phase I):

- » Sling in neutral worn at all times
- » Gentle wrist and shoulder ROM ok

Weeks 3-6 (Phase II):

- » Active extension to 30 degrees in hinged elbow brace. Continue sling or brace
- » No active elbow flexion
- » Gentle elbow joint mobilizations

Weeks 6-9 (Phase III):

- » Active elbow extension to full
- » Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics
- » Modalities per therapist's discretion

Weeks 9-12 (Phase IV):

- » Gently advance ROM as tolerated
- » Begin active flexion and extension tolerance against gravity
- » Advance strengthening in phase III to resistive, maintain flexibility/ROM

Months 3-6 (Phase V)

- » Being gentle elbow flexion resistance, strengthening
- » Advance activities as tolerated
- » Full return to play/duty typically at 6 months when ROM is full and pain free

For more information please visit: www.NuelleSportsMD.com