



Goshen Physicians

ORTHOPEDICS & SPORTS MEDICINE

Distal Biceps Tendon Repair

Limitations:

No **Active** or **Resistive** elbow flexion or forearm supination activities for 6 weeks. Patient may wean from sling between 3-4 weeks.

0-3 Weeks:

Arm in sling, forearm held in supination with the elbow at 90 degrees of flexion.

Avoid shoulder extension.

Modalities as indicated for edema reduction.

Patient education on scar tissue massage.

Gentle passive ROM – Therapist must feel for tension in the repair when stretching for extension and only range in tension-free range. Elbow flexion gently to tolerance.

Passive ROM of shoulder to prevent capsular tightness.

3-6 Weeks:

Patient may begin to wean from sling but must be educated on activities that will place stress on repair.

Progressive passive ROM with a goal of achieving full elbow motion by 6 weeks.

Progressive passive supination/pronation working towards regaining full ROM by 6 weeks.

6 Weeks:

Active elbow flexion and supination exercises are initiated.

Rotator cuff and scapulothoracic strengthening exercises as necessary.

8 Weeks:

Progressive resisted exercises are begun.

D/C from PT if patient has full elbow and forearm ROM. Patient should be knowledgeable about progression of resistive exercises.