

Adam Seidl, MD
Assistant Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Chronic Distal Biceps Repair

Phase I: Early ROM (*0 to 6 weeks*)

- Splint remains in place for the first 10-14 days.
- Sutures will be removed by physician in 10-14 days.
- At 10-14 days transition to hinged elbow brace.
- Initiate ROM exercises 3- 5 times per day in hinged elbow brace:
PROM into flexion, extension, supination and pronation IN BRACE
 - Week 2: brace locked from 60 to full flexion
 - Week 3/4: brace locked from 40 to full flexion
 - Week 5: brace locked from 20 to full flexion
 - Week 6: brace unlocked full motionGrip ROM and strengthening exercises
Full pro/supination allowed starting week 2 always at 90 degrees of flexion
- Notify physician if drainage from portals persists 10 days after surgery.

Phase II: Restore Function (*6-12 weeks*)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
 - No Lifting/carrying > than 5 lbs, no repetitive use

Phase III: Return to work (*>12 weeks*)

- Increase strength and endurance (work specific) training