

### Distal Biceps Repair Rehabilitation Protocol

	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	Splint at all times	None	None
<b>Phase 2</b> 2-6 weeks	Elbow brace with 45° extension block  Elbow brace at all times except for hygiene	Begin active assist ROM  Initially Limit Extension to 45°  Advance to full extension by 6 weeks	Wrist/Shoulder ROM exercises  No active flexion
<b>Phase 3</b> 6-9 weeks	None	Continue passive/active assist elbow ROM	Begin biceps isometrics  No active flexion  Begin rotator cuff and deltoid isometrics  Maintain shoulder and wrist ROM
<b>Phase 4</b> 9-12 weeks	None	Full and pain free	Begin active flexion against gravity  No biceps resistance flexion  Advance active resistance for deltoid and rotator cuff only
<b>Phase 5</b> 12 weeks – 6 months	<b>None</b>	<b>Full</b>	Being gradual elbow strengthening against resistance and progress to full activity