



**Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service**

Distal Biceps Repair Protocol Prescription

Phase I: Week 1

Guidelines:

- Posterior splint at 90 degrees of elbow flexion
- Wrist and hand gripping exercises

Phase II: Weeks 2-6

Guidelines:

- Elbow ROM brace (may be altered based on intraoperative findings)
 - Week 2 @ 45–100
 - Week 4 @ 30–115
 - Week 6 @ 15–130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Weeks 5–6
 - Isometric triceps exercise

Phase III: Weeks 6-10

Guidelines:

- Elbow ROM
- Discontinue brace @ Week 8 (0- 145 degrees)

- Week 8 begin
 - Light isotonic triceps
 - Isotonic wrist flexors/extensors
 - Shoulder isotonics
 - Continue rotator cuff and scapular exercises
 - Progress weight 1 lb. per week

Phase IV: Weeks 10-16

Guidelines:

- Biceps isometrics @ Week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Weeks 10-12
 - Initiate UBE

Phase V: Weeks 16-26

Guidelines:

- Light biceps isotonics (Week 16)
- Plyometrics
 - Two-handed @ Week 16
 - Progress to one-handed at Week 20-22

Phase VI: Weeks 26+

Guidelines:

- Return to Activity
- Sport Specific Training