

Distal Biceps Tendon Repair PT Protocol

Post-Op

Splint @ 90 degrees in supination for 2 weeks

2–4 weeks

Convert to hinged elbow brace, locked depending on tension on repair.

Sleep with brace locked to prevent inadvertent active flexion

4-6 weeks post op

Begin formal PT at 4 weeks post op

Begin Active Extension, Passive Flexion.

Progress by 15 degrees weekly to achieve 0 degrees @ 6 weeks

Limit motion to

Limit extension to point where tension on repair noted intra-operatively

For motion: rest arm on table, with forearm hanging over edge, then actively extend

6 weeks

May D/C brace

Progress ROM to achieve full extension

Begin Active Flexion

Begin Flexion and Supination PRE

12 weeks

Begin Isokinetics

6 months

May return to vigorous labor