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Distal Biceps Tendon Repair Rehab Protocol

	Range of Motion	Brace*	Exercises
Phase I 0-2 weeks	None	Posterior slab splint in OR	Gentle hand and shoulder ROM
Phase II 2-8 weeks	Week 3: 45° to full flexion Week 4: 30° to full flexion Week 5: 20° to full flexion Week 6: 10° to full flexion Week 7+: full extension	Set to restrict extension Week 3: 45° to full flexion Week 4: 30° to full flexion Week 5: 20° to full flexion Week 6: 10° to full flexion Discontinue brace at 6 weeks	Continue with hand, wrist and shoulder ROM Forearm pronation/supination PROM with elbow at 90°, in hinged elbow brace Elbow flexion/extension PROM within confines of hinged elbow brace
Phase III 8-12 weeks	As tolerated If lacking extension range, begin to push stretching into extension Goal: full elbow ROM by 12 weeks	None	AROM elbow flexion, supination-start gravity assisted, progress to antigravity AROM shoulder flexion
Phase IV 3-4 months	Full and pain-free	None	Begin resisted biceps curls, supination/pronation, triceps extension Progress both WB and NWB strengthening activities of surrounding musculature Integrate functional strengthening Initiate light plyometrics- chest pass to rebounder, impulse
Phase V 5 months and beyond	Full and pain-free	None	Return to sport-related activities

*Remove hinged elbow brace for hygiene only, otherwise worn at all times