

Rehabilitation Guidelines for Distal Biceps Repair

Phase 1: Protection phase (Weeks 0-8)

Weeks 0-2

Immobilization for 2 weeks
Pendulum exercises
Ice and pain modalities
Hand gripping exercises
Submaximal Isometric
triceps
shoulder rotators

Weeks 2-4

Brace 0°-90°
Passive Pronation to neutral only/Full Supination
(All elbow exercises done with the shoulder in 60° flexion/neutral grip)
Active ROM elbow flexion
Gentle Passive elbow extension (Week 3)
Wrist strengthening

Weeks 4-8

Remove brace
Submaximal isometric progressing to isotonic biceps exercises (neutral grip)
Tricep isotonics to 10° from full extension
Gentle (painfree) passive ROM Sup/Pron
Pulleys
UBE for AAROM
Rhythmic Stabilization Flex/Ext & Sup/Pron
Isometric Sup/Pron

Phase 2: Weeks 8-12 Intermediate Phase

Submaximal isotonic Sup/Pron
Progression to strengthening with the shoulder in adduction
Joint mobilizations
Restoration of full ROM (12 weeks)
Strengthening of upper body musculature with neutral grip
Biceps curls Three ways (Sup/Neutral/Pron)
Use of Dumbbells may be better than barbell

Phase 3: Weeks >12 Advanced Strengthening Phase

Strengthening of Sup/Pron (Hammer, golf club, pole)
Move to strengthening with supinated grip
Closed chain exercises
PNF resistance patterns
Isokinetics
Plyometrics
Return to sport at 4 months (Earliest)