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Post-Operative Rehabilitation Guidelines for
Distal Biceps Tendon Repair

0 – First Post-Op Visit

- Sling and splint all times

2–6 Weeks:

- Transition to brace /removable extension block splint at 45°
- Begin Active Assist ROM . Initially Limit Extension to 45°, Advance to full extension by 6 weeks .
- Splint all times other than exercises
- Wrist /Shoulder ROM exercises

6–9 Weeks:

- May D /C elbow Splint
- Continue Passive /Active Assist ROM Elbow
- Begin Biceps Isometrics
- Begin Cuff /Deltoid Isometrics
- Maintain Wrist /Shoulder ROM

9–12 Weeks:

- Begin Active Elbow Flexion against gravity
- Maintain ROM Elbow /Wrist /Shoulder
- Advance to resistive Strengthening Deltoid /Rotator Cuff

Week 12 – 6 months:

- Begin Gradual elbow flexion strengthening and advance as tolerated .