

Distal Biceps Repair

Post-Op	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM	Splint 90° flexion at all times No active supination	Gentle wrist and hand ROM Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 PT 2-3x/week HEP daily	Edema and pain control Protect surgical repair ROM 15-130°	Brace locked at 90° Remove for shower and exercises No active elbow flexion No active supination	Gradually increase elbow ROM: Week 2: 45-100° Week 4: 30-115° Week 6: 15-130° Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Triceps isometrics (Week 5)
Weeks 6-12 PT 2-3x/week HEP daily	Full ROM Protect surgical repair	Weeks 6-9: DC brace at 8 weeks Weeks 9-12: No brace No lifting objects > 1 lb.	Weeks 6-9: Full elbow ROM Active extension, AA/P flexion Continue wrist, hand, shoulder ROM Begin cuff/deltoid isometrics Weeks 9-12: Begin biceps isometrics Active flexion against gravity (Week 9) Resistive strengthening cuff/deltoid Upper body ergometry (Week 10)
Weeks 12-24 PT 1-2x/week HEP daily	Improve strength	No brace	Weeks 12-16: ROM and stretching exercises Elbow flexion resistive strengthening Weeks 16-24: Progress strengthening as tolerated Plyometrics and sport-specific exercises
Weeks 24+ HEP daily	Return to play Unrestricted activity	Return to sport (MD directed)	Maintain ROM and strength