



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Distal Biceps Tendon Repair

	Range of Motion	Immobilizer	Therapeutic Exercise
PHASE I 0-3 weeks	None	Locked in neutral, worn at all times	Gentle wrist & shoulder ROM
PHASE II 3-6 weeks	Active extension to 30 degrees in brace	Worn at all times (including exercise) – removed for hygiene	Continue with wrist and shoulder ROM, begin active extension to 30 degrees No active flexion Gentle joint mobilizations
PHASE III 6-9 weeks	Active extension to 0 degrees in brace	Worn at all times (including exercise) – removed for hygiene	Continue to maintain wrist & shoulder flexibility Begin rotator cuff/deltoid isometrics Progress active extension in brace

PHASE IV 9-12 weeks	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity Advance strengthening in phase III to resistive Maintain flexibility/ROM
PHASE V 12 weeks-6 months	Gradual return to full and pain- free	None	Begin gentle flexion strengthening Advance activities in phase IV
PHASE VI 6 months and beyond	Full and pain-free	None	Return to full activity

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