



BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

Teodoro P. Nissen, M.D., Q.M.E.
Fellowship Trained
Board Certified

Joseph M. Centeno, M.D.
Fellowship Trained
Board Certified

Distal Biceps Tendon Repair Rehabilitation

Week 0-1

1. Full time use of Post-Operative Splint

Weeks 2-6

1. IROM hinge brace
 - o Begin with 50° Extension lock
 - o Decrease 10° per week
2. Wrist and hand ROM
3. Active shoulder motion in all planes
4. No Resistance/Lifting
5. No Active Biceps

Weeks 7-12

1. Begin Physical Therapy
 - o Active Elbow ROM
 - o Active Forearm ROM
 - o Manual therapy
2. Begin Low-level Resistance Exercises between weeks 8-12 upon MD approval
3. Initiate independent home motion
 - o Home exercise program – Active Elbow & Forearm ROM: Daily 2-3x/day

Week 13

1. Advance to full active motion (all planes)
2. Transition to Independent Home Exercise Program
 - o Stretching Daily
 - o Strength 3x/Week