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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Distal Biceps Tendon Repair

0-First Post-Op Visit PROTECT THE REPAIR

- Sling and Splint all times

GOALS Splint per protocol

2-6 Weeks PROTECTED MOTION

- 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

GOALS No loading

6-9 Weeks ACTIVE MOTION

- May D/C elbow Splint; continue passive/Active assist ROM elbow; begin biceps isometrics; begin cuff/Deltoid isometrics
- Maintain Wrist/Shoulder ROM

GOALS Active flexion/supination

9-12 Weeks STRENGTHEN

- Begin Active Elbow Flexion against gravity; maintain ROM elbow/Wrist/Shoulder
- Advance to resistive Strengthening Deltoid/Rotator Cuff; 3-6 Mo:
- Begin gradual elbow flexion strengthening and advance as tolerated

GOALS Graduated loading

Return to Sport & Discharge Criteria

- Full elbow/forearm ROM; strength $\geq 90\%$ of opposite side
- Gradual return to heavy lifting or sport when cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

