

Daniel B. Haber, MD

*Orthopedic Surgeon, Sports Medicine
Physician, US Ski & Snowboard Teams*

*Shoulder Arthroscopy & Replacement
Hip Preservation & Arthroscopy
Knee Ligament, Meniscus & Cartilage Surgery*

drhaberpc@panoramaortho.com

Phone: (720)-497-6195

www.panoramaortho.com



PT Protocol: Distal Biceps Repair

Week 0-2 – Maximum Protection Phase

- Precautions:
 - No resisted supination for 6 weeks
 - No resisted elbow flexion for 6 weeks
 - Brace locked at 90°
 - PROM exercises may be done in supine position using triceps to actively extend and lower elbow.
 - Grip exercises (rubber ball)
- Passive ROM 45° to full flexion
- Scar tissue mobilization, Grip exercises (rubber ball), ice, glenohumeral and scapulothoracic gentle motion (full)

Week 2-4 – Continued Maximum Protection

- Progress to 30° - full flexion – only passive/gravity assisted ROM
- Brace may be adjusted to allow elbow to go to 30°
- Continued scar tissue mobilization

Week 4-6 – Light Active Phase

- Progress to full elbow (0-full flexion) and wrist (supination) – passive ROM
- Light stretching of biceps may be incorporated at first end-feel
- Begin Active elbow ROM in standing position
- Goal: Full, pain free active elbow ROM by week 6.

Week 6 – Light Resistance

- Continued stretching with joint limitations or tissue limitation. Stretching to mid-range within tolerance
- If full active and passive ROM are achieved:
 - Begin light load resistance (do not combine elbow flexion and wrist supination) with high repetition
 - Lifting no greater than 5 lbs.
 - Isometric triceps sets

Week 8-10

- Progress resistance to 10 lbs.
- Combination movements with 5 lbs.
- Optimize shoulder girdle mechanics, postural control

Week 12

- Progress to heavier load lifting as tolerated per functional goals/needs
 - Isometric biceps exercises
 - Light isotonic biceps exercises (week 14):
 - Hammer, traditional, reverse grip curls
 - Rotator cuff & periscapular stabilizer exercises with resistance
 - Cardiovascular fitness: treadmill walking, elliptical, bike

Week 16+

- Return to full activity, preferred sport
 - Biceps curls: Hammer, traditional, reverse grip, side curls
 - Sports specific exercises, triceps extensions, rotator cuff & periscapular stabilizer strengthening

