

Rehabilitation Program for Distal Biceps Repair

Phase I (week 1)

- Posterior splint at 90 degrees of elbow flexion
 - Wrist and hand gripping exercises

Phase II (week 2–6)

- Elbow ROM brace
 - Week 2 @ 45–100
 - Week 4 @ 30–115
 - Week 6 @ 15–130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5–6, isometric triceps exercises

Phase III (week 6–10)

- Elbow ROM
 - Discontinue brace week 8 (0-145)
- Week 8 begin
 - Light isotonic triceps
 - Isotonic wrist flexors/extensors
 - Shoulder isotonic
 - Continue rotator cuff and scapular exercises
 - Progress weight 1 lb. per week

Phase IV (week 10-16)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10–12, initiate UBE

Phase V (week 16–26)

- Light biceps isotonic (week 16)
- Plyometrics
- Two-handed @ week 16
- Progress to one-handed at week 20-22

Phase VI (week 26 and beyond)

- Return to activity (sport specific training)