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Shoulder & Elbow Surgeon

Distal Biceps Tendon Repair

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Phase I: (0 to 1 week after surgery)

Goals: Protect Repair. ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures dissolve on their own.

Phase II: (1 to 6 weeks after surgery)

Goals: Initiate ROM & Protect Repair

1. Begin active assisted and passive elbow flexion and supination without limitation. Slow progression in motion
2. May begin active elbow extension
3. Remain non-weight bearing. No lifting with the operative arm.
4. Avoid movements of resistance (e.g. Opening doors)
5. May shower and get incision wet.

Phase III: (6 to 12 weeks after surgery)

Goal: Progress ROM and initiate strengthening.

1. Advance active and passive ROM in all planes to tolerance.
 - a. Flexion, extensions, supination, pronation
2. Initiate slow progressive strengthening under therapy guidance:
 - a. Week 6: 1-2 lbs.
 - b. Week 8: 3-5 lbs.
 - c. Week 10: 5-8 lbs.
 - d. Week 12: > 10lbs
 - e. Week 14: Progressive release to full weight

Phase IV: (>3months after surgery)

1. Continued functional strengthening
2. Return to sport or activity 3-4 months, pending strengthening.