



Brian Bjerke, MD

Distal Biceps Tendon Repair

Post-Operative Protocol

Phase 1: (0-2 weeks)

- Immobilization in splint placed during surgery, sling for comfort
 - Elbow at 90° flexion, neutral forearm rotation
- No use of arm while in splint/sling
- Maintain ROM at the wrist and hand while in splint/sling

Phase 2: (2-6 weeks)

- At 2-week post-op appointment splint will be removed, and the patient will be placed into a hinge elbow brace.
- Sutures will be trimmed, and surgical glue will remain over the incision. It is okay to shower without covering the incision. Do not pick at surgical glue; allow to fall off on its own.
- Occupational therapy (2-6 weeks):
 - **Measurements below are in degrees of elbow flexion**, goal is to progress towards 0 degrees elbow extension over 6 weeks
 - Week 2: Flexion okay from 45-100 degrees
 - Week 4: Flexion okay from 30-115 degrees
 - Week 6: Flexion okay from 0-130 degrees
 - Shoulder exercises (rotator cuff)
 - Scapular strengthening
 - Wrist extensors and flexors
 - No active supination
 - Gripping exercises
 - Week 5-6, isometric triceps exercises
 - Hinge elbow brace to be worn at all times, okay to remove during Occupational Therapy appointments and ROM exercises

Phase 3: (6-10 weeks)

- Discontinue hinge elbow brace at 6 weeks post-op
- Week 6 okay to begin:
 - Light isotonic triceps
 - Isotonic wrist flexion/extensors

- Shoulder isotonics
- Continue rotator cuff and scapular exercises
- Progress weight 1lb/week
- Active ROM elbow, wrist, hand shoulder as tolerated

Phase 4: (10-16 weeks)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10-12, initiate UBE (upper body ergometer)

Phase 5: (16-26 weeks)

- Light biceps isotonics @ week 16
- Plyometrics
 - Two-handed @ week 16
 - Progress to one-handed @ week 20-26

Phase 6: (26 weeks and beyond)

- Typical return to full unrestricted activity at 4-6 months post-op, depending on demand and specific activity

Please feel free to contact Dr. Brian Bjerke's office with any questions or concerns. Dr. Bjerke's care coordinator Andria Larson is available by phone at 952-456-7095.