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Distal Biceps Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> • Pain and edema control • Protect repair 	<ul style="list-style-type: none"> • Sling while standing or walking to maintain elbow at 90° 	<ul style="list-style-type: none"> • Elbow: PROM 30° extension to full flexion <ul style="list-style-type: none"> ○ PROM exercises may be done in supine position using triceps to actively extend and lower elbow. • Shoulder AROM FF 90, ABD 90, ER 45 • Scar Tissue Mobilization 	<ul style="list-style-type: none"> • No resisted supination x 6 wks • No resisted elbow flexion x 6 wks • Cervical, hand and wrist ROM
Phase 2 (2-4 weeks) Goals: <ul style="list-style-type: none"> • Full PROM supination and pronation • Full PROM flexion 	<ul style="list-style-type: none"> • Sling while standing or walking to maintain elbow at 90° 	<ul style="list-style-type: none"> • Elbow: Progress to 15° extension and full flexion passive ROM <ul style="list-style-type: none"> ○ PROM exercises may be done in supine position using triceps to actively extend and lower elbow. • Full A/PROM pronation • Full PROM supination • Scar Tissue Mobilization and edema control 	<ul style="list-style-type: none"> • Cervical, Shoulder, Hand and wrist • No resisted supination x 6 wks • No resisted elbow flexion x 6 wks
Phase 3 (4-6 weeks) Goals: <ul style="list-style-type: none"> • Achieve full PROM 	<ul style="list-style-type: none"> • Wean from sling 	<ul style="list-style-type: none"> • Progress to full PROM • Maintain full ROM pronation/supination • Progress to AROM supination 	<ul style="list-style-type: none"> • Light stretching of biceps may be incorporated at first end-feel • Hand and wrist • No resisted supination x 6 wks • No resisted elbow flexion x 6 wks
Phase 4 (6-8 weeks) Goals: <ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Start AAROM and progress to full AROM elbow 	<ul style="list-style-type: none"> • Continued stretching with joint limitations or tissue limitation. • Stretching to mid-range within tolerance • If full active and passive ROM are achieved: <ul style="list-style-type: none"> • Begin light load resistance (do not combine elbow flexion and wrist supination) with high repetition • Lifting no greater than 5 lbs.

<p>Phase 5 (8-10 weeks) Goals</p> <ul style="list-style-type: none"> • Maintain Full ROM • Progress to 10lbs resisted elbow flexion 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM • Contact Dr. Ridley if full ROM not achieved 	<ul style="list-style-type: none"> • Progress to 10lbs resisted elbow flexion • Combination movements with 5lbs
<p>Phase 6 (12 weeks) Goals</p> <ul style="list-style-type: none"> • Improve elbow flexion strength 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Continue full A/PROM 	<ul style="list-style-type: none"> • Progress to heavier load lifting as tolerated per functional goals/needs