

# **Dr. Bercik Distal Biceps Repair Protocol**

There are two balancing goals in rehabilitation after distal biceps repair. We want to ensure adequate healing of the tendon back to the bone. The elbow, however, is susceptible to stiffness if immobilized. Therefore, early range of motion is critically important. We want to avoid active biceps activity until 6 weeks after surgery, and avoid strengthening the biceps until 3 months after surgery

Work and activity restrictions are consistent after distal biceps repair:

- 0-6 weeks: No work, no use of operative hand
- 6 wks-3 mo: No lifting/carrying greater than 5 pounds
- 3 mo: Return to full duty

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## **0 - 6 weeks: Protect Repair, Maintain elbow ROM**

- Elbow brace on, locked at 90 degrees except when doing exercises
- Patient directed passive ROM in brace in flexion and extension, extension stop at 30 degrees
- Flexion & Extension: Supine active extension, passive flexion
- Pronation & Supination: Active pronation (no passive pronation), passive supination
- Wrist and hand exercises okay
- Sling for 3 weeks; after 3 weeks wear sling outside house only

## **6 weeks - 3 months: Regain full elbow ROM**

- Continue above exercises, with active and passive ROM without restrictions (flexion/extension and pronation/supination), encourage terminal range of motion
- No extension stop
- Discontinue brace & sling after 6 weeks

## **3 months+: Strengthen**

- Continue stretching if short of contralateral ROM
- Add biceps strengthening