



Distal Biceps Tendon Repair

Bracing: Posterior Splint with elbow in a flexed position and wrist in supination

Rehabilitation: none

No Active Contraction of the Biceps

Follow Ups

1 Week

Suture Removal

Bracing: Remove Splint and place into Hinged ROM Brace (Full flexion soft lock extension at 30 degrees and reduce 10 degrees each week)

Rehabilitation: Wrist and elbow stretching exercises

4 Weeks

Check Passive ROM

Bracing: Continue Hinged ROM Brace

Rehabilitation: HEP-Continue wrist and elbow stretching exercises

8 Weeks

Check Passive ROM

Bracing: If patient is doing well may discontinue Hinged ROM Brace

Rehabilitation: HEP-Continue wrist and elbow stretching exercises

12 weeks

No restrictions

Assess full ROM and strength

Bracing: If have not already discontinue Hinged ROM Brace

Rehabilitation: Return all ADLs