

Distal Biceps Tendon Repair or Reconstruction

Indications: Acute (within 3/52) traumatic distal biceps rupture
Chronic distal biceps tendon rupture

Protocol Acute Repairs (Within 3 weeks of Injury)

Post Op

Day 1 – 2/52

Pain free active flexion and extension within limits of sling
Full supination and pronation
Full active shoulder movement with elbow flexion maintained

2/52

Active ROM in all directions, to point of mild stretch. No overpressure

6/52 Acute repairs

Continue with AROM
Introduce light resistance <5lb / 2kg through full ROM
Gradually increase resistance keeping progress pain free with easy and good quality movement

Milestones; Acute

- 6/52 Full ROM flexion / extension / supination / pronation
Pain free, Driving, Working
- 3/12 >90% strength in comparison to opposite side flexion/
Supination

Warning: Avoid Sudden loading and unplanned movements for 6/52 for both acute and chronic repairs

Protocol Chronic Injury Repairs

Post Op

Day 1 – 2/52

Pain free active flexion and extension within limits of sling
Full supination and pronation
Full active shoulder movement with elbow flexion maintained

2/52

Active ROM in all directions, to point of mild stretch. No overpressure

12/52

Chronic repairs

Begin loading starting from <5lbs / 2kg and follow the above guideline as for acute repairs

Milestones; Chronic

- 6/52 Pain free 50-70% extension of ROM to other side
Full ROM flexion / supination / pronation
- 3/12 <15° lag extension (80% of extension)
Full ROM flexion / extension / supination / pronation
Pain free, Driving, Working
- 6/12 80-90% Extension with full ROM in all other directions
80-90% flexion strength to contra-lateral side
70% supination strength to contra-lateral side

Warning: Avoid Sudden loading and unplanned movements for 6/52 for both acute and chronic repairs

Activities of Daily Living

	Acute Injury Repair	Chronic Injury Reconstruction
Throwing / catching / racquet sports	6/52	12/52
Swimming (excluding freestyle)	As wound healing allows	6/52
Cycling	6/52	6/52
Driving	2/52*	6/52*
Work – Sedentary	2/52	2/52
Manual	6/52	12/52

DO NOT USE THERABAND IN REHAB PROGRAM