



## DISTAL BICEP TENDON REPAIR SINGLE TECHNIQUE REHABILITATION PROTOCOL

### Week 1 - 2

- Remove surgical dressing and apply edema control (Kerlix or ace bandage).
- Fit with elbow hinge brace, block extension at approx. 20 degrees.
- Begin A/P flexion and active extension as well as A/P pronation and supination in the splint 8 times per day.

### Week 3

- Begin scar massage.
- Elastomer used on scar as needed, cont in hinged brace, progressing extension as tolerated until full, around week 6.

### Week 6

- Discontinue hinged brace
- Passive extension to the elbow is initiated 8 times per day.
- Static progressive or dynamic extension splinting is permitted as needed. Limiting wts to 5 lbs.

### Week 9-10

- Progressive strengthening is begun with thera-tubing and/or weights to the elbow, forearm and wrist.

### Week 12

- Full use is permitted.

