

**Benedict Nwachukwu, MD MBA**  
HSS Sports Medicine Institute  
610 West 58th Street, New York, NY 10019  
Office: 646.885.8250  
Fax: 646.885.8252  
[www.manhattansportsdoc.com](http://www.manhattansportsdoc.com)



## **Post-Operative Rehabilitation Guidelines for Distal Biceps Tendon Repair**

0-First Post-Op Visit: Sling and Splint all times

2-6 Weeks: Please make patient removable extension block splint at 45°  
Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.  
Splint all times other than exercises  
Wrist/Shoulder ROM exercises

6-9 Weeks: May D/C elbow Splint  
Continue Passive/Active Assist ROM Elbow  
Begin Biceps Isometrics  
Begin Cuff/Deltoid Isometrics  
Maintain Wrist/Shoulder ROM

9-12 Weeks: Begin Active Elbow Flexion against gravity  
Maintain ROM Elbow/Wrist/Shoulder  
Advance to resistive Strengthening Deltoid/Rotator Cuff

Week 12 – 6 months: Begin Gradual elbow flexion strengthening and advance as tolerated.