



Distal Biceps Repair Rehabilitation Protocol

Phase I (0–6 Weeks)

- Initiate physical therapy approximately 1 week post-operatively
- Passive elbow ROM only; avoid biceps muscle contraction
- Gradual progression toward full elbow extension
- No aggressive elbow use first 6 weeks
- Avoid resisted elbow flexion and supination
- Protect repair from excessive stretch
- Week 0–2: 0 lb
- Week 2–4: ≤ 1 lb
- Week 4–6: ≤ 2 lb

Phase II (6–12 Weeks)

- Initiate gentle lifting and light strengthening at 6 weeks
- Avoid bouncing or uncontrolled extension
- Gradual strengthening progression
- Monitor pain swelling
- Week 6–8: ≤ 5 lb
- Week 8–10: ≤ 10 lb
- Week 10–12: ≤ 15 lb

Phase III (3 Months+)

- Progress to heavier resistance
- Advance strengthening based on tolerance
- Return to activity as cleared
- 12–14 weeks: ≤ 20 lb
- 14–16 weeks: ≤ 30 lb
- 16–20 weeks: ≤ 40 lb
- 20–24 weeks: ≤ 50 lb
- After 6 months: as tolerated with clearance