

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Distal Biceps Repair

Phase 1: 0-12 weeks

- Finger, wrist, forearm, elbow A/AA/PROM
- Precautions
 - No lifting >coffee cup
 - NO resisted elbow flexion or supination

Phase 2: 12-18 weeks

- Gentle biceps and triceps strengthening
 - Use a hammer or similar object
- Activities as tolerated (if ROM adequate and pain free)
 - Independent home exercise program, unrestricted strengthening
 - Return to sport
 - Work hardening

More info: twincitiesshoulderandelbow.com/distal-bbiceps-tendon-tears-shoulder-elbow-specialist-minneapolis-saint-paul.html