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

0-First Post-Op Visit: Sling at all times

2-6 Weeks:

Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 3 weeks.
Wrist/Shoulder ROM exercises

6-9 Weeks:

Continue Passive/Active ROM Elbow
Begin Biceps Isometrics
Begin Cuff/Deltoid Isometrics
Maintain Wrist/Shoulder ROM

9-12 Weeks:

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.