



Guidelines for rehabilitation following Distal Biceps Tendon Repair

***Please take this information to your physiotherapy appointments.**

This general program may be adjusted for individual surgeries.

Post-Op Protocol

- Weeks 1-2:
 - o rest in sling or back slab
- Weeks 3-6:
 - o active range of motion (max 1 pound resistance)
- Weeks 7-8:
 - o maximum 5 pounds resistance
- Weeks 9+:
 - o gradual progressive strengthening
- 6 months:
 - o unrestricted activities