

## **Orthopaedic Sports Specialists, P.C.**

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### **Post Operative Rehabilitation Protocol:**

#### **Biceps Tendon Repair at the Elbow (Distal)**

**Immobilization:** Posterior split, elbow immobilization at 90 degrees for about 5-7 days.

**Brace:** Elbow placed in ROM brace 5-7 days;  
Post-operative ROM set 30 degrees to full flexion;  
Gradually increase elbow ROM in brace

#### **ROM Progression and brace progression:**

Week 1: 30 degrees to 90 degrees.  
Week 2-3: 10 degrees to full flexion  
Week 4-6: Full extension to full elbow flexion  
Full supination/pronation  
Week 7-8: Wean from brace.

#### **ROM Exercises:**

Week 2-3: passive ROM for elbow flexion and  
Supination; active assisted ROM for elbow  
Extension and pronation – advance to full.  
Week 3-4: initiate AAROM elbow flexion  
Week 4: active ROM elbow flexion

#### **Strengthening Program:**

Week 1: isometrics for triceps and shoulder muscles  
Week 2: isometrics (submaximal bicep curls)  
Week 3-4: active ROM; no resistance applied  
Week 8: PRE program is initiated for elbow flexion  
and supination/pronation  
begin with 1lb and gradually increase  
program shoulder strengthening program  
Week 12-14: May initiate light weight training such as  
Bench press and shoulder press