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## **DISTAL BICEP TENDON REPAIR PROTOCOL**

### **Phase I (Weeks 2 to 4)**

#### *Goals:*

- Elbow ROM 35-115 by week 4
- Full pronation and supination ROM
- Minimize swelling

#### *Precautions:*

- No active elbow flexion or lifting
- No aggressive elbow extension stretching, just passive extension ROM to pt tolerance

#### *Treatment:*

- PROM for elbow flexion and supination (with elbow at 90) to pt tolerance
- AAROM for elbow extension and pronation (with elbow at 90) to pt tolerance
- Shoulder, wrist and hand AROM, avoiding excessive shoulder extension
- Modalities to minimize pain and inflammation

### **Phase II (Weeks 4 to 8)**

#### *Goals:*

- Full elbow and forearm AROM
- Scar management

#### *Treatment:*

- Discontinue T-scope brace at 6 weeks once full AROM is achieved
- AAROM elbow flexion, progressing to AROM
- No aggressive elbow extension stretching
- Scar mobilization
- Grip strengthening
- Pulleys, UBE
- Progress to gentle strengthening at 6 weeks
- Shoulder/scapular stabilization
- Elbow joint mobilization

### **Phase III (Week 8 and beyond)**

#### *Treatment:*

- If ROM restrictions persist, begin more aggressive stretching
- Progress strengthening gradually in all directions after week 8
- Return to mostly unrestricted activity at 4 months.
- Unrestricted intensity of bicep curls may begin between 4-6 months at the discretion of the surgeon