Distal Biceps Tendon Repair

Immediate Post-op:
• Posterior splint elbow 90 degrees of flexion, forearm neutral rotation.

Week 2 Post-op:
• Staples out 10 to 14 days

Week 3 Post-op:
• Posterior splint at 90 degrees. Begin active extension to 30 degrees, passive flexion
• Passive supination/pronation of the forearm with the elbow at 90 degrees

Week 6 Post-op:
• 30 degrees extension stop is discontinued

Week 9 Post-op:
• Splint is discontinued & the patient is allowed to flex & extend the elbow against gravity

Week 12 Post-op:
• A strengthening program is initiated