



Gehron Treme MD, Andrew Veitch MD, Dustin Richter MD, Christopher Shultz MD,
UNM SPORTS MEDICINE

1213 University Blvd NE, MSC10 5600, 1 University of New Mexico; Albuquerque, NM 87131-0001

Phone: 505-272-2231 Fax: 505-925-4015

Distal Biceps Repair- Rehabilitation Guidelines

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
Initial post-op 0-6 weeks	Sling x2 weeks 2-6 weeks: Lifting <5 pounds with elbow	Acute Repairs: None needed Chronic Tears: 0-90	Acute Repairs: No Restrictions Chronic Tears: 0-90	Full elbow ROM, pronation/supination Goals are for ROM, hold off on resistance training
6-12 weeks	Progressive resistance strengthening 12 weeks: Full strength, no restrictions	D/C per physician	Full ROM	Resistance bands, gradual increase in weight. Ok to lightly stress eccentric exercise.