



**Gehron Treme MD, Andrew Veitch MD, Dustin Richter MD,  
Christopher Shultz MD, Robert Schenck 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
<b>Initial post-op 0-6 weeks</b>	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
<b>6-12 weeks</b>	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.