

Distal Biceps Tendon Repair Rehabilitation Protocol

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Perform the exercises shown to you at least **3** times a day. In the beginning you will be sore, push through for a good stretch. Start holding each stretch for about 20-30 seconds. As it gets easier increase the amount of time you hold the stretch by 10 seconds.

0-2 weeks

1. Set brace to 90 degrees extension block and flexion to full
2. Unlock brace to **60** degrees extension and perform active assistive range of motion.
3. Relock brace to 90 degrees and perform active assistive range of motion supination and pronation to tolerance

2-4 weeks

1. Set brace to 90 degrees extension block and flexion to full
2. Unlock brace to **40** degrees extension and perform active assistive range of motion.
3. Relock brace to 90 degrees and perform active assistive range of motion supination and pronation to tolerance

4-6 weeks

1. Set brace to 90 degrees extension block and flexion to full
2. Unlock brace to **20** degrees extension and perform active assistive range of motion.
3. Relock brace to 90 degrees and perform active assistive range of motion supination and pronation to tolerance

For any issues or concerns, please e-mail my medical assistant, Stephen Schrater at st.schrater@proliancesurgeons.com or myself at k.ko@proliancesurgeons.com. We will do our best to respond in a timely matter.