



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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[www.utahshoulder.com](http://www.utahshoulder.com)

## **Distal Biceps Tendon Repair Protocol**

### **Phase 1**

#### **Week 0-1**

- 1) Full time use of Post-Operative Splint

#### **Weeks 2- 6**

- 1) IROM hinge brace
  - Begin with 50° Extension lock
  - Decrease 10° per week
- 2) Wrist and hand ROM
- 3) Active shoulder motion in all planes
- 4) No Resistance/Lifting
- 5) No Active Biceps

### **Phase 2**

#### **Weeks 7- 12**

- 1) Begin Physical Therapy if motion restricted
  - Active Elbow ROM
  - Active Forearm ROM
  - Manual therapy
- 2) No resistance exercises unless approved by Dr. Hatch
- 3) Initiate independent home motion
  - Home exercise program – Active Elbow & Forearm ROM: Daily 2-3x/day

### **Phase 3**

#### **Weeks 13**

- 4) Advance to full active motion (all planes)
- 5) Transition to Independent Home Exercise Program
  - Stretching Daily
  - Strength 3x/Week

Please check our website for updates: <http://www.rcmclinic.com>

