

# Distal Biceps Tendon Repair Rehab Protocol

0 – 2  
Weeks

2 – 6  
Weeks

6 – 12  
Weeks

Week  
12

## 0 – 2 WEEKS

### Goals

- Keep half plaster/backslab clean, dry, undisturbed til first appointment
- Move/wriggle fingers and thumb as much as possible. It will NOT cause harm/damage

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Weeks

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## 2 – 6 WEEKS

### Goals

- Sling on at all times
- OK to come out for daily shower AND daily gentle elbow Range of Motion (ROM) exercises – WILL NEED PHYSIO SUPERVISION (see figures 1 & 2)
- NO lifting/carrying objects with affected arm AT ALL

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0 – 2  
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Weeks

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Weeks

Week  
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## 6 - 12 WEEKS

- Remove sling
- Continue ROM exercises
- Add resistance AND strength training when full symmetrical ROM achieved (i.e. moves as freely as the UNINJURED side).

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0 – 2  
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Weeks

Week  
12

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## WEEK 12

- Advanced strengthening