



Distal Biceps Tendon Repair

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PHASE I

0- 2 weeks

Post-op posterior splint
Elevate arm to decrease swelling
Encourage finger motion and grip strength

PHASE II

2-6 weeks

Discontinue splint
Sling as needed for comfort and protection; remove at least 5x/day
Start gentle active pronation/supination/flexion/extension of elbow
Gentle activities of daily living allowed with operated arm
No lifting against resistance (nothing heavier than coffee cup)

PHASE III

6 weeks – 3 months

Resume full activities of daily living as tolerated
Start progressive pain free strengthening
Start planned activity functional rehabilitation as strength improves
No heavy resistance until 3 months
3 months – Full unrestricted activity including heavy resistance as required by sport or job



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