



Distal Biceps Reconstruction Rehabilitation and Milestones

Patient Name: _____

Date: _____

Sling – to be worn for 6 weeks

Specific instruction – No passive stretching

0-2 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early elbow rehabilitation exercises – distal biceps.

2-6 weeks

- Early closed kinetic chain exercises limiting extension to 45 degrees.

6-8 weeks

- Early closed kinetic chain exercises full range.

8-12 weeks

- Progressive closed kinetic chain.

Milestones:

Tick Box

- ❖ at 8 to 10 weeks full active range of motion

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12 weeks +

- Open kinetic chain.
- Isometric strengthening
- Therabands extension strengthening.

Milestones:

Tick Box

- ❖ Light / sedentary work to be discussed with Dr Smith

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4-6 months

- Progressive theraband strengthening – flexion and extension.

6 months+

- Plyometrics.
- Specific biceps strengthening.
- Return to sport – discuss with Dr Smith.

Milestones:

Tick Box

- ❖ at 6 months heavy/manual work to be discussed with Dr Smith

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Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
