



Distal Biceps Repair Rehabilitation with Milestones

Patient Name: _____

Date: _____

Sling – the sling is to be worn for 4 weeks. A splint may also be used.

Specific instructions: 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.
- Progressive Closed Kinetic Chain exercises.

<u>Milestones:</u>	<u>Tick Box</u>
❖ Full activity range of movement by 3-4 weeks post op	<input type="checkbox"/>
❖ Driving at 6 weeks	<input type="checkbox"/>

6-12 weeks

- Open Kinetic Chain Exercises
- Isometric strengthening
- Theraband extension strengthening

<u>Milestones:</u>	<u>Tick Box</u>
❖ Light /sedentary work at 6-8 weeks	<input type="checkbox"/>
❖ Swimming 8 to 12 weeks	<input type="checkbox"/>
❖ Golf at 8 weeks	<input type="checkbox"/>

12 weeks

- Progressive theraband strengthening
- Plyometrics
- Specific biceps strengthening

<u>Milestones:</u>	<u>Tick Box</u>
❖ Return to sports	<input type="checkbox"/>
❖ Heavy / Manual labour 4 to 6 months	<input type="checkbox"/>

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
