SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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ACUTE DISTAL BICEPS REPAIR PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE 1 0-2 WEEKS	None	Sling and postop posterior splint or hinged elbow brace (if given) Worn at all times (brace can be removed for hygiene)	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc but no lifting *Stationary bike, elliptical okay if arm in brace/splint and arm not being used
PHASE 2 2-6 WEEKS	PROM as tolerated, limiting extension to 30 degrees; passive flexion as tolerated – no active flexion	Brace locked at 30-90 degrees Worn at all times besides hygiene, can unlock or remove for exercises	Begin gentle active-assisted/active extension to 30 degrees; continue wrist/shoulder ROM, no active supination or flexion Gentle joint mobs okay
PHASE 3 6-9 WEEKS	Gradual return to full active extension, continued passive flexion	Discontinue brace at 6 weeks	Begin gentle active flexion without resistance
PHASE 4 9-12 WEEKS	Full and pain-free AROM	None	Begin isometrics and light resistance with gradual progression as tolerated with slow steady movements
PHASE 5 12+ WEEKS	Full and pain-free	None	Advance strengthening as tolerated No plyometrics or cross-fit movements that affect biceps (elbow flexion)
PHASE 6 16+ WEEKS	Full and pain-free	None	Continue to advance weight/resistance gradually as tolerated, gradually resume to all activities *Recovery completed (>85%) by 24 weeks, maximum resistance will take up to one year to recover full ability, typically >10% or more loss from pre injury level