

**Dr. Thomas X Nguyen, MD's
Distal Biceps Tendon Repair Protocol**

- Hinge brace to block terminal elbow extension initially, lock at 90 degrees
- First postoperative day: brace unlocked to allow ROM from 60 degrees to full flexion with full forearm rotation.
- First 2 weeks: don't lift heavier than a coffee cup.
- At 2 weeks, elbow extension block reduced to 40 degrees
- At 3 weeks, can begin active-assisted ROM
- At 4 weeks, elbow extension block reduced to 20 degrees
- At 6 weeks, elbow allowed full extension.
- 6-8 weeks: full active motion achieved
- At 8 weeks, resistance can begin with gradual biceps strengthening
- 3-6 months: recover ROM and strength
- 16-20 weeks (4-5 months): return to sports and unrestricted activities