



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

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## DISTAL BICEPS TENDON REPAIR

### General Guidelines

- Splint for 10-14 days
- Hinged elbow brace for 6 weeks after surgery
- Keep splint clean and dry (keep out of shower or cover in plastic bag)

### Post-op Days 1 – 14

**Goals:** Leave splint in place

- POD 10-14: Sutures out
- Will change splint to elbow brace at first post-op appointment

**Therapy:**

None

### Weeks 2 – 6

**Goals:** Gradual progression of elbow range of motion

**Therapy:**

Begin Hinged Elbow Brace (HEB) 75/80 degrees to full flexion

[Brace will be set at starting point in his clinic visit based on repair tension]

Passive flexion, pronation and supination allowed

No active ROM

Progressive extension of 10-15 degrees per week

Continue appropriate previous exercises

Gentle shoulder shrugs / scapular retraction without resistance

Stationary bike (must wear HEB)

### Weeks 6 – 9

**Goals:** Full elbow AROM

**Therapy:**

Continue appropriate previous exercises

Begin active/active assist full ROM without weight

Discontinue HEB when reach full ROM

### Weeks 9 – 12

**Goals:** Ensure full motion, gentle strengthening

**Therapy:**

Continue appropriate previous exercises  
AAROM and AROM through full range  
Push-up progression – Wall to table  
Treadmill – Running progression program  
Pool therapy – With UE resistance

**Months 3 - 6**

**Goals:** Regain full strength and function

**Therapy:**

Continue appropriate previous exercises  
Weight training with progressive resistance as tolerated