



Massachusetts General Hospital  
175 Cambridge Street, Suite 400, Boston, MA 02114  
Tel: 617-726-7500 | Fax: 617-643-3436

BWH/MGH Orthopaedics at Foxborough  
20 Patriot Place, Foxborough, MA 02035  
Tel: 508-718-4035 | Fax: 508-718-4036

[www.massgeneral.org/sports](http://www.massgeneral.org/sports)

**Luke S. Oh, M.D.**  
*Instructor in Orthopaedic Surgery*  
*Harvard Medical School*

## Rehabilitation Program for Distal Biceps Repair

### Phase I (week 1)

- Posterior splint at 90 degrees of elbow flexion
- Wrist and hand gripping exercises

### Phase II (week 2–6)

- Elbow ROM brace
  - Week 2 @ 45–100
  - Week 4 @ 30–115
  - Week 6 @ 15–130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5–6, isometric triceps exercises

### Phase III (week 6–10)

- Elbow ROM
  - Discontinue brace week 8 (0-145)
- Week 8 begin
  - Light isotonic triceps
  - Isotonic wrist flexors/extensors
  - Shoulder isotonics
  - Continue rotator cuff and scapular exercises
  - Progress weight 1 lb. per week

### Phase IV (week 10-16)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10–12, initiate UBE

### Phase V (week 16–26)

- Light biceps isotonics (week 16)
- Plyometrics
  - Two-handed @ week 16
  - Progress to one-handed at week 20-22

### Phase VI (week 26 and beyond)

- Return to activity (sport specific training)