



**UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY**

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**DISTAL BICEPS TENDON REPAIR PROTOCOL**

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**I. ACUTE REPAIR**

The patient is placed in a posterior splint with the elbow in 90 degrees of flexion and the forearm in neutral rotation. This is kept in place for 3 to 7 days.

At Week 1 or less, the posterior splint is removed and gentle passive flexion is allowed.

Active extension to 30 degrees is allowed and encouraged from the first week after surgery.

Full extension is allowed as tolerated and generally attained by the third week.

Four weeks after surgery, the patient is allowed to flex and extend against gravity as able.

At 8 weeks, a gentle flexion-strengthening program is allowed, starting with 1 to 2-lb weights.

Activity as tolerated is permitted at 3 months.

Full activity without restriction is allowed 6 months after surgery.

**II. ALLOGRAFT RECONSTRUCTION**

The program is delayed somewhat when an allograft is used.

The patient is protected for 3 weeks.

Passive assisted motion is begun at 3 weeks and continued to 6 weeks.

Full extension is avoided until the 6<sup>th</sup> week.

Active motion for activities of daily living is allowed at 6 to 12 weeks.

Activity as tolerated progresses from the third to the sixth month. Goal is reach max lifting strength by 6 months