



## Biceps Tendon Repair (Post - Rupture Distal End)

### Week 1

- Static cast/ splint with elbow 90°

### Week 2

- Hinged elbow splint with dynamic flexion, and elbow extension blocked at -30°.  
(or greater if requested by Dr.)
- Instruct patient in splint use/care, and in active elbow extension and active assistive elbow flexion with splint on. Review precautions, i.e. avoid active or resistive elbow flexion.

### Weeks 4-5

- If extension block was originally set greater than -30°, may progressively decrease the block until it reaches -30°.

### Week 6

- Discontinue extension block

### Week 9

- Discontinue splint.
- Begin active elbow flexion and extension against gravity.

### Week 12

- Begin gentle progressive strengthening if needed.
- Gradually resume normal activity progressing to full activity at 6 months post -op.
- These are general guidelines, which may be altered according to the judgment of the surgeon and physical therapist.