



Distal Biceps tendon repair protocol by Dr. A. Abdelfattah

6 weeks s/p Surgery, remove ROM brace

Initiate OT for gentle ROM

Modalities prn

Strengthening pronator and extensor of elbow

Start strengthening with 3-5 lbs 7 weeks after surgery

All restrictions 6 month after surgery expire,

Contact sports and heavy lifting ok after 6 month of surgery

May resume non-contact sports 4 month after surgery (with necessity of wearing hinge elbow brace from 130 degrees to 30 degrees, while playing.)

A. Abdelfattah , MD.

Date: