



Distal Biceps Repair Protocol

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
4 weeks	Overnight stay	Gentle movements as tolerated	No forced movements or heavy lifting (only weight of a tea cup)

Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

Notes to Physiotherapist

Sling for 4 weeks
 Passive and active-assisted ROM from 45 degrees to full flexion for the first 4 weeks
 Then increase to active ROM, and increase extension as tolerated. Aim to achieve full extension by 10-12 weeks
 Scar massage after 2 weeks
 Strengthening after 3 months
 Shoulder/Wrist/Hand ROM

Returning to occupational and recreational activities?

Driving 6 weeks
 Light work 2 weeks
 Heavy work 6 months
 Run/Road bike 4-6 weeks
 Gym 4-6 months
 Swim 6 weeks
 Tennis 4-6 months
 Contact sports 6 months