

Distal Biceps Tendon Repair – Rehabilitation

Your biceps tendon is being held back to the bone with strong suture material, a metallic 'button' on the other side of the bone and a plastic (PEEK) screw to compress the tendon against the inside of the bone.

Whilst this repair is strong, returning to full activity requires your native tendon to heal – the button and screw just hold everything in the right spot until this healing occurs. Tendons generally take 3- 6 months to heal so your activities will be restricted to some degree during this period.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repair Wound healing Prevent HO	Sling for first 6 weeks Analgesia Physio education Elbow/wrist/hand exercises
	Weeks 2-6	Protect repair Prevent stiffness Full elbow extension	Sling for comfort, wean sling use by 6/52 Aim to achieve full elbow extension by 6/52 Avoid lifting > 1kg (1L milk carton)
PHASE 2 INCREASE ROM	Weeks 6-12	Maintain full ROM Graduated strengthening	Progressive resisted exercises Avoid contact sports, heavy weights
PHASE 3 STRENGTHENING & CONDITIONING	Months 3-6	Gradual return to sport Prevent re-injury	Functional rehabilitation Full day-to-day activities Return to sport once strength symmetrical (usually 6/12)