

Robert Kollmorgen DO

Rehabilitation Program for Distal Biceps Repair

Phase I (week 1)

Brace at 90 degrees of
elbow flexion

- Wrist and hand gripping exercises

Phase II (week 2–6)

- Elbow ROM brace
Week 2 @ 45–100
Week 4 @ 15-130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5–6, isometric triceps exercises

Phase III (week 6–10)

- Elbow ROM
- Discontinue brace week 8 (0-145)
- Week 8 begin

Light isotonic triceps

Isotonic wrist flexors/extensors

Shoulder isotonics

Continue rotator cuff and scapular exercises

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Progress weight 1 lb. per week

Phase IV (week 10-16)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10–12, initiate UBE

Phase V (week 16–26)

- Light biceps isotonic (week 16)
- Plyometrics

Two-handed @ week 16

Progress to one-handed at week 20-22

Phase VI (week 26 and beyond)

- Return to activity (sport specific training)