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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY PROTOCOL – Distal Biceps Tendon Repair**

Phase I: 0-2 weeks

- Quiet in hinged elbow brace and sling
- Weight bearing status: NWB
- ROM: none
- Brace: hinged elbow brace locked at 90 degrees
- Exercises: keep fingers and wrist moving

Phase II: 2-6 weeks

- WB status: NWB
- ROM:
  - o Weeks 2-4: Begin passive elbow flexion to full; passive and active extension to 90 degrees
  - o Weeks 4-6: Initiate gentle active/passive extension to 0 degrees; initiate passive supination
- Brace: 90 degrees to full flexion; may remove for therapy

Phase III: 6-12 weeks

- WB status: limit WB to < 5 lbs
- ROM: active motion in all planes without restrictions of the elbow and wrist
- Brace: discontinue at 6 weeks
- Exercise: begin rotator cuff and scapular strengthening program; scapular stabilization exercises

Phase IV: 12-16 weeks

- WB status: WBAT
- ROM: full
- Brace: none
- Exercise: Begin global upper extremity gym strengthening program

Return to sport: once cleared by MD