



## **POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING DISTAL BICEPS TENDON REPAIR**

### **I. Phase I (Week 1)**

- Posterior splint at 90 degrees of elbow flexion for 10 to 14 Days (Physician will remove)
- Wrist and hand gripping exercises
- Do NOT begin active supination for 14 Days

### **II. Phase II (Week 3 – 6)**

- Elbow ROM brace
- Begin passive and assisted active supination
- Progress to active supination as tolerated
  - Week 3 at 45 – 100 degrees
  - Week 4 at 30 – 115 degrees
  - Week 6 at 15 – 130 degrees
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 to 6: Begin isometric triceps exercises

### **III. Phase III (Week 6 – 10)**

- Elbow ROM brace
  - Week 8 at 0 – 145 degrees
- Week 8: Begin the following Exercises
  - Isotonic triceps
  - Isotonic wrist extensor / flexor
  - Shoulder isotonic
- Week 9 to 10: Discontinue use of elbow brace

### **IV. Phase IV (Week 10 – 16)**

- Week 8 to 10: Begin Biceps isometric exercises
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10 to 12: Begin Upper Body Ergometer
- Week 10 to 12: Begin Biceps isotonic exercises (light)

### **V. Phase V (Week 16 – 26)**

- Continue above exercises
- Plyometrics

### **VI. Phase VI (Week 26 and beyond)**

- Return to activities (Sport Specific) as directed by physician