

DISTAL BICEPS REPAIR REHAB PROTOCOL

	Range of Motion	Brace	Therapeutic Exercise
Phase I 0-1 Weeks	None	Splint in neutral	<ul style="list-style-type: none"> Gentle shoulder ROM
Phase II 1-3 Weeks	Active motion to 40	Worn at all times (including therapy) 40 to full flexion Remove for hygiene	<ul style="list-style-type: none"> Limit motion to active, avoid passive stretching Avoid supination Active pronation at 90 degrees
Phase III 3-5 Weeks	Active motion to 20	Worn at all times (except for therapy and exercise) 20 to full flexion Remove for hygiene	<ul style="list-style-type: none"> Continue AROM and progress to passive extension
Phase III 5-6 Weeks	Active/passive motion to 0	0 to full flexion Wean out of brace	<ul style="list-style-type: none"> Active and passive motion as tolerated May begin combined motions (ie pronation and supination) Sub max pain free biceps isometrics in neutral
Phase IV 6-10 Weeks	Gently advance to tolerance	None if adequate motor control	<ul style="list-style-type: none"> Progressive strengthening program—5 lbs x 3 sets of 10 every other day
Phase V 10-12 Weeks	Gently advance to tolerance	None	<ul style="list-style-type: none"> 10 lbs x 3 sets of 10 every other day
Phase VI 12 Weeks - 5 months	Full and pain free	None	<ul style="list-style-type: none"> May add five pounds a week if pain free May begin light upper extremity weight training
Phase VII 5 months and beyond	Full and pain free	None	<ul style="list-style-type: none"> Return to full activity

- ROM restrictions may change depending on repair tension and chronicity of injury. Please refer to patient's prescription for additional instructions.