

DISTAL BICEPS TENDON REPAIR REHABILITATION PROTOCOL

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|--|--|--|--|
| Weeks 0-2 HEP daily | Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM | Splint 90° flexion at all times NO active supination | Gentle wrist and hand ROM Shoulder pendulum in splint Shoulder PROM exercises |
| Weeks 2-6 PT ~2-3x/ week HEP daily | Edema and pain control Protect surgical repair ROM 15 – 130° | Brace locked at 90° Remove for shower & exercises No active elbow flexion No active supination | Gradually increase elbow ROM: Week 2: 45-100° Week 4: 30-115° Week 6: 15-130° Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Gripping exercises Triceps isometrics (week 5) |
| Weeks 6-12 PT ~2-3x/ week HEP daily | Full ROM Protect surgical repair | Weeks 6-9: DC brace at 8 weeks No active elbow flexion Weeks 9-12: No brace No lifting objects >1lb | Weeks 6-9: Full elbow ROM Active extension, AA/P flexion Continue wrist, hand, shoulder ROM Begin cuff/ deltoid isometrics Weeks 9-12: Begin biceps isometrics Active flexion against gravity (week 9) Resistive strengthening cuff/ deltoid Upper body ergometry (week 10) |
| Weeks 12-24 PT ~1-2x/ week HEP daily | Improve strength | No brace | Weeks 12-16: ROM and strengthening exercises Elbow flexion resistive strengthening Weeks 16-24: Progressive strengthening as tolerated Plyometrics and sport specific exercises |
| Weeks 24+ HEP daily | Return to play Unrestricted activity | Return to sport (MD directed) | Maintain ROM and strength |