



REHAB PROTOCOL: Distal Biceps Repair

Name: _____ **Date of Surgery:** _____

Phase I (Protection Phase): Weeks 1-6

Precautions:

- No lifting or pushing activities with the arm
- **NO ACTIVE BICEPS** contraction or resistance exercises
- Use brace at all times except during shower and changing clothes or passive exercises

Weeks 1-4:

- Arm in a sling to prevent swelling and support
- Elbow is in a posterior splint in 90 degree of flexion till first office visit (7-14 days)
- Elbow is transitioned into hinged elbow brace locked at 70 degrees flexion with wrist free at first office visit.
- AROM of wrist and hand allowed during this phase
- Shoulder ROM exercises except for extension or excessive ER allowed.
- Isometrics allowed for shoulder and triceps
- Forearm pronation/supination PROM with elbow flexed to 90 deg
- Strict gradual **passive** elbow flexion allowed from 20-130 degrees outside the brace during therapy (locked at 70 deg when not in therapy)
 - week 2: 45 degrees to full flexion
 - week 3: 30 degrees to full flexion
 - week 4: 20 degrees to full flexion

Weeks 4-6

- Brace adjusted to be locked at 20 degrees flexion and gradually regain full extension: 20 to 10 deg in week 5 and 10 to full extension in week 6
- Passive flexion allowed from limits of extension to full flexion
- Pronation/Supination AROM
- **No active ROM exercise for elbow**

Phase II (PROM, AAROM and AROM): Weeks 6-10

Precautions:

- No lifting or pushing activities with the arm
- NO BICEPS resistance exercises

Exercises

- Wean off the Bledsoe Brace
- Allow gradual complete extension and advance Elbow ROM:
PROM→AAROM→AROM
- Ok to do gentle stretch at end range
- Start with gravity eliminated and advance to flexion against gravity
- Continue Shoulder and wrist ROM

Phase III (Strengthening): Weeks 10 and Beyond

- End range stretching for extension
- May begin elbow strengthening against resistance-Theraband and gradually advance to elbow strengthening with light weights
- Begin gradual weight bearing with elbow flexed progress to elbow extended (wall push ups, push ups on elevated table, modified elbow planks)
- Return to contact sports at 5-6 months.

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program