

Orthopedic Associates of Hartford, P.C.
J. Kristopher Ware, M.D/Nicole LaVette, APRN
31 Seymour St #100
Hartford, CT 06106
Phone: 860-244-1017, Fax: 860-524-8965
www.oahct.com

Date of Surgery:

Post-Operative Rehabilitation Protocol:
Distal biceps tendon repair rehabilitation protocol

The following protocol is a general outline for rehabilitation following distal biceps tendon repair. The timeframes may be adjusted depending on the patient. Your physical therapist will direct you in progression through the protocol

Phase 1: Immediate post op (1-2 weeks)

- Sling at all times
- No use of operative extremity

Phase 2: Maximum protection phase (2-4 weeks)

- Goals
 - Protect repair
 - Avoid active use of elbow
 - Begin range of motion
- Bracing
 - If there is no tension on the repair a brace may not be necessary
 - For retracted tendons a hinged brace will be applied. ROM will be progressed at 10-20 degrees per month
- Therapeutic exercise
 - PROM/ AAROM- full flexion, extension to limit of brace
 - Scapular stabilization
 - Core strengthening
 - Shoulder AROM
 - Non-impact lower extremity cardiovascular exercise (ie stationary bike)
 - Scar mobilization

Phase 3: Active motion phase (4-8 weeks)

- Goals
 - Restore normal motion and mechanics
 - Prevent atrophy
- Bracing
 - If brace is needed, discontinue at 6 weeks if full extension has been achieved
- Therapeutic exercise
 - AROM elbow flexion/ extension
 - Shoulder/ wrist/ hand/ triceps isotonic exercises

- Submaximal biceps isometrics
- Continue prior exercises

Phase 4: Initiation of strengthening (8-12 weeks)

- Goals
 - Begin restoring strength
 - Resume light use of upper extremity during normal activities
- Therapeutic exercises
 - Initial light PREs for elbow flexion and supination
 - Stretch elbow extension with shoulder extension
 - Initiate functional upper extremity exercises

Phase 5: Strengthening (12-16 weeks)

- Goals
 - Restore strength
- Therapeutic exercises
 - Continue to progress resistance of strengthening exercises
 - Closed and open chain stabilization
 - Plyometrics
 - Initiate sports/ work specific exercises

Phase 6: Return to sports (16+ weeks)

- Goals
 - Develop individualized program to reduce risk of reinjury
- Therapeutic exercises
 - Progress sports/ work specific exercise program
 - Throwing program if applicable