



ADVANCED
ORTHOPAEDIC
SPECIALISTS



Distal Biceps Repair Rehab Protocol

Questions?: Advanced Orthopaedic Specialists 3900 N. Parkview Dr. Fayetteville, AR 72703 (479) 316-2563 Physical Therapy (479) 316-2565

Phase	ROM/Brace	Therapeutic Exercise
Phase I Week 0-2	90° posterior splint, neutral forearm	Wrist and hand exercise <u>only</u> : putty, marbles, gripper, band digital extension, stretching, dexterity, ball squeeze
Phase II Weeks 2-8	Hinged brace fitted Weeks 2-3: 45°-full flexion Week 4: 30°-full flexion Week 5: 20°-full flexion Week 6: 10°-full flexion	Rotator cuff isometrics, periscapular AROM/coordination, wrist and hand gripper/band strengthening <i>Weeks 3-4: initiate AAROM elbow flexion and supination, progress to PROM extension</i> <i>Weeks 5-6: initiate tricep isometrics, PROM by PT</i> No resisted elbow flexion or supination
Phase III Weeks 8-12	Week 8: Full ROM Discontinue brace if adequate motor control	Initiate isotonic: light triceps, wrist flexors/extensors, rotator cuff/periscapular increasing 1lb/week Initiate UBE, AROM elbow all planes, progress PROM by PT
Phase IV Weeks 12-16	Stretching to tolerance No brace	Initiate bicep isotonic, progress stretching as tolerated, continue strengthening of shoulder/wrist/hand
Phase V Weeks 16-20	Stretching to tolerance No brace	Initiate light bicep isotonic, continue prior phases flexibility and strengthening, initiate two-hand plyometrics (i.e. chest pass with ball)
Phase VI Weeks 20+	Stretching to tolerance No brace	Sport and work specific training