

## REHABILITATION FOLLOWING DISTAL BICEPS REPAIR

### Phase I (Week 1-2)

- Hinged elbow brace set at locked at 90° for week 1, 45°-full flexion week 2
- Wrist and hand gripping exercises
- Light active assist elbow ROM 60-100° week 1, 45-110° week 2
- No active Supination
- No passive pronation
- Shoulder Isometrics in Posterior Splint (ER, IR, Abd, Flex)

### Phase II (Week 3 – 6)

- Elbow ROM brace set 40°-full flexion week 3, then 30° week 4, 20° week 5, etc
- Begin passive and assisted active supination after day 14
- Progress to active supination as tolerated, elbow AROM to aim for
  - Week 3 at 40 – 100°
  - Week 4 at 30 – 115°
  - Week 6 at 10 – 130°
- Shoulder exercises (Rotator Cuff) – avoid excessive extension
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises

### Phase III (Week 6 – 10)

- Elbow ROM brace - **Discontinue use of elbow brace at week 6 if adequate control**
    - Week 8 at 0 – 145° (if ROM deficits persist at week 8, consult with surgeon)
- Week 8 begin
- Isotonic triceps
  - Isotonic wrist extensor / flexor
  - Shoulder isotonic
  - Thrower's Ten Program

### Phase IV (Week 10 - 16)

- Biceps isometrics Week 8-10
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10 – 12: more aggressive controlled exercises (e.g. light biceps isotonic, plyometrics)
- Week 13-16: gradual composite strengthening exercises, activity specific