

Distal Biceps Repair Rehab Protocol

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| Phase | ROM/Brace | Therapeutic Exercise |
| Phase I  Week 0-2 | 90° posterior splint, neutral forearm | Wrist and hand exercise only: 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  *Weeks 3-4: initiate AAROM elbow flexion and supination, progress to PROM extension*  *Weeks 5-6: initiate tricep isometrics, PROM by PT*  **No resisted elbow flexion or supination** |
| Phase III  Weeks 8-12 | Week 8: Full ROM  Discontinue brace if adequate motor control | Initiate isotonics: 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 isotonics, progress stretching as tolerated, continue strengthening of shoulder/wrist/hand |
| Phase V  Weeks 16-20 | Stretching to tolerance  No brace | Initiate light bicep isotonics, 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 |