

REhabilitation guidelines for Distal Biceps Tendon Repair

Phase I (0-2 weeks)

Appointments	MD appointment at (10-14 days) Begin physical therapy (5-7 days)
Rehabilitation Goals	<ul style="list-style-type: none"> • Decrease swelling • Pain control • Protection of repair
Precautions	<ul style="list-style-type: none"> • Splint/Brace locked at 90 degrees in neutral forearm position for 2-3 days • Patient will increase extension of brace and lock in place by 10 degrees every other day after surgery till full extension is gained. • Brace to be worn at all times
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Wrist AROM • Shoulder AROM (avoid excessive shoulder extension) • Isometrics for shoulder RC, triceps (sub-max)
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike
Progression Criteria	<ul style="list-style-type: none"> • Pain and swelling under control

Phase II (2-6 weeks)

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Slow progression of elbow extension to full • Protection of repair
Precautions	<ul style="list-style-type: none"> • Unlock brace for PROM 45 degrees starting week 2 then progress by 10 degrees each week till full extension is gained • No AROM biceps flexion x 6 weeks • Brace worn at all times even with ex's, removed for hygiene
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Active tricep extension in brace • Continue with isometrics in shoulder • PROM supination/pronation with elbow at 90 degrees flexion
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike with brace on • Treadmill with brace on

Progression Criteria	<ul style="list-style-type: none"> Full elbow PROM into flexion and extension
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Phase III (6-12 weeks)

Appointments	Continue physical therapy (1-2x week as needed)
Rehabilitation Goals	<ul style="list-style-type: none"> Start strength phase progressing from AROM to light resistance training Maintain full ROM in elbow Postural control of UE with focus on scapular control/activation with movement of lower arm.
Precautions	<ul style="list-style-type: none"> Brace unlocked with AROM both directions 6 weeks Remove brace at all times unless directed by surgeon 8 weeks Start light resistance strength training for biceps week 8-12
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Isometrics for biceps 6-8 weeks Light progressive resistance ex's against gravity for biceps/triceps, supination/pronation 8-12 weeks Add combined flexion/extension with supination/pronation motions Continue with RC and scapular strength with resistance UBE warm up
Cardiovascular Exercises	<ul style="list-style-type: none"> UBE warm up Bike Walking outside on level terrain
Progression Criteria	<ul style="list-style-type: none"> Full Pain free AROM Independent HEP

Phase IV (12-20 weeks)

Appointments	Continue physical therapy (1x week)
Rehabilitation Goals	<ul style="list-style-type: none"> Return to full ADL's Return to full recreational activity by 6 months unless directed by surgeon Full strength through ROM Add weights for upper body at 12 weeks, progress weight bearing
Precautions	<ul style="list-style-type: none"> Return to upper extremity sports at 6 months with clearance of MD
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Weight bearing UE core/postural ex's Continued resistance training UE Return to gym weighted workouts
Cardiovascular Exercises	<ul style="list-style-type: none"> Swimming

	<ul style="list-style-type: none">• UBE, Bike, Treadmill, walking and hiking outside all allowed
Progression Criteria	<ul style="list-style-type: none">• Return to sport for UE for high stress workloads or recreation such as climbing, throwing sports ect.