

REHABILITATION GUIDELINES FOR DISTAL BICEPS TENDON REPAIR

PHASE I (0-2 WEEKS)

DATES:

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 until 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)

DATES:

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

	<ul style="list-style-type: none"> 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

PHASE III (6-12 WEEKS)

DATES:

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)

DATES:

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 • 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.

References: Brigham and Women's Hospital Department of Rehabilitation Services

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