



REHABILITATION GUIDELINES DISTAL BICEPS REPAIR

Phase I Passive range of motion

Phase II Active range of motion with terminal stretch

Phase III Resisted plus continue Phase II

PROTECT IN SLING / FOR 4 WEEKS, INCLUDING SLEEP X 2 WEEKS.

PHASE 1: 3-5 DAYS POST-OP

DOS:

- Active assist flexion to full as tolerated. Gentle active extension to Full as tolerated. No aggressive stretch yet.
- Active assist supination to full as tolerated. Active pronation to full.
- Active wrist, hand, shoulder ROM.

PHASE 2: 1 MO POST-OP

DATE:

- Active flexion, active extension towards full with gentle terminal stretch.
- Active supination, active pronation towards full, terminal stretch.
- Active elevation, external rotation, internal rotation of the shoulder.
- Use arm for light ADL's. No lift >1 lb.

42 DAYS POST-OP

DATE:

- Continue as above – everything active, terminal stretch for extension and pronation.
- When AROM full, gentle isometric elbow strengthening begins.

PHASE 3: 2 MO POST-OP

DATE:

- Continue stretching
- Resisted flexion, extension, supination, pronation of elbow (theraband only)
- Routine shoulder strengthening and stretching

WEIGHT TRAINING

DATE:

- 3 months post-op
- High reps/low resistance

RETURN TO ACTIVITIES

Computer: 4 weeks

Golf: 3 months

Tennis: 4 months

Contact sports: 4 months

Throwing: 4 months