

DISTAL BICEPS REPAIR **REHABILITATION PROTOCOL**

WEEK 1

- Sling for comfort.
- The elbow is maintained in 90° flexion and the forearm in neutral rotation for the first week.
- Begin hand/finger ROM on POD 1.

WEEK 2

- Initiate scar management

WEEK 3

- Patient is placed in a hinged splint with a dynamic flexion component;
- Active extension is limited to -30° by a built-in extension block.
- Patient is to wear post surgical splint while sleeping
- Home exercise program includes:
 - o Passive supination/pronation with the elbow in full flexion
 - o While wearing the Sader I brace, patient is to perform active elbow extension to the block, with passive flexion
 - o 10 repetitions every; waking hour
- Patient should wear tubigrip or edema sleeves to manage edema and swelling

WEEK 4

- The extension block is removed.

WEEK 5-6

- Begin active ROM (flexion and extension) against gravity as tolerated for activities of daily living.
- Wean from splint

WEEK 7-8

- If full ROM has been attained, start gentle strengthening and proceed as tolerated to 80% activity by 3 months.

4-6 MONTHS

- Progress strengthening as tolerated until 100% activity is achieved. Restrictions on strenuous exercise as determined by physician and therapist
- At 6 months full activity without restriction is allowed.

CONSIDERATIONS

- Patients are normally seen 1-2 times a week for progression of protocol, measurement of progress with ROM and review of precautions.
- Patients are not allowed to perform active supination or active elbow flexion until Week 5

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