

Basin Orthopedic Surgical Specialists

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Distal Biceps Repair Protocol

Phases of Rehabilitation:

Phase	Time Period	Brace	Exercise
Maximum Protection Phase	0-1 week	Brace Locked at 90	No Motion
Moderate Protection Phase	1-3 weeks	Brace unlocked 0-135 as patients PROM allows	AAROM Elbow, PROM Elbow and Forearm as tolerated
Minimal Protection Phase	3-6 weeks	Brace D/C when full flexion/extension	AROM biceps
Strengthening Phase	6-12 weeks	NA	Progressive Biceps strengthening
Return to Function Phase	12-16 weeks	NA	Functional Biceps Exercise

Precautions: No lifting, pushing or pulling for at least 8 weeks

Week 1 (Day 1-3)

- Patient in brace locked at 90 degrees
- Stitches removed at 7-10 days post-op
- No elbow ROM

Week 2 (Day 8-14)

- Begin rehabilitation
- Brace unlocked up to 0-135 if patient has available full PROM-Elbow Flexion/Extension
- If patient doesn't have full passive ROM, gradually open brace ROM as patients PROM improves. Start at 30-90, progress to 15-105, then 0-135
- Assess neurovascular integrity
- AA ROM elbow and wrist (teach patient how to use their other arm to perform AAROM)
- Gentle PROM of elbow (Do not force elbow extension)
- Hand gripping exercises
- Wrist AROM
- Shoulder Shrugs
- Scapular Retraction

Week 3 (Day 15-21)

- Wrist isometrics-Flexion/Extension/RD/UD (no pronation or supination)
- Triceps Isometrics with elbow at 90 degrees elbow flexion
- Continue AAROM and PROM of elbow and forearm

Week 4 (Day 22-28)

- Begin AROM of Elbow Flexion/Extension
- Shoulder isometrics (Extension/Abduction/Adduction) with arm at side (no flexion/IR/ER)
- Scapular PNF
- Wrist PRE's for flexion/extension with forearm resting on table
- Triceps multi-angle isometrics at 30-60-90-105
- Begin passive stretching and gentle joint mobilization if patient doesn't have full ROM

Week 5 (Day 29-Day 35)

- Forearm flexibility exercises
- Shoulder PRE's with light weights (Flexion/Scaption/Abduction/ER/Extension)
- Triceps PRE's
- Theraband exercises-Shoulder IR/ER/Row

Week 6 (Day 36-Day 42)

- Elbow Flexion with Forearm in Pronation with Light DB's
- Elbow Flexion with Forearm in Neutral with Light DB's
- Forearm Pronation/Supination PRE's with light DB's

Week 7 (Day 43-Day 49)

- Upper Body Ergometer (UBE)
- Elbow Flexion with Forearm in Supination with Light DB's

Week 8-12

- Gradually increase resistance for all Shoulder and Elbow PRE's

Week 12-16

- Progressive functional and sport specific lifting and exercise