

# Centers for Advanced Orthopedics

Lucas Wymore MD

Sports Medicine

Office Phone: 301-475-5555

23000 Moakley Street Suite 102

Leonardtown, MD 20650

Fax: 301-475-5914



## DISTAL BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
<b>PHASE I</b> <b>0 - 1 weeks</b>	None	Post operative splint	Gentle wrist and shoulder ROM
<b>PHASE II</b> <b>1 - 8 weeks</b>	Initiate based on ROM in OR. Gentle progress with passive flexion, gentle active extension in brace	Brace locked based on intraoperative range of motion. Advance 10-15 degrees per week with gentle progress. Discontinue brace 8 weeks	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension
<b>PHASE III</b> <b>8 - 12 weeks</b>	Active extension to 0 deg Active Flex, Sup, Pron may begin passive exten.	none	Begin active flexion and extension against gravity at 6 weeks Advance strengthening in phase III to resistive, maintain flexibility/ROM, begin strengthening with theraband
<b>PHASE IV</b> <b>12 weeks - 6 months</b>	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
<b>PHASE V</b> <b>6 months and beyond</b>	Full and pain-free	None	Return to full activity

