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**REHAB PROTOCOL: Distal Biceps Repair**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

**Phase I (Protection Phase): Weeks 1-6**

**Precautions:**

- No lifting or pushing activities with the arm
- NO ACTIVE BICEPS contraction or resistance exercises
- Use brace at all times except during shower and changing clothes or passive exercises

**Weeks 1-4:**

- Arm in a sling to prevent swelling and support
- Elbow is in a posterior splint in 90 degree of flexion till first office visit (7-14 days)
- Elbow is transitioned into hinged elbow brace locked at 70 degrees flexion with wrist free at first office visit.
- AROM of wrist and hand allowed during this phase
- Shoulder ROM exercises except for extension or excessive ER allowed.
- Isometrics allowed for shoulder and triceps
- Strict gradual **passive** elbow flexion allowed from 20-130 degrees outside the brace during therapy (locked at 70 deg when not in therapy)
  - week 2: 45 degrees to full flexion
  - week 3: 30 degrees to full flexion
  - week 4: 20 degrees to full flexion

**Weeks 4-6**

- Brace adjusted to be locked at 20 degrees flexion and gradually regain full extension: 20 to 10 deg in week 5 and 10 to full extension in week 6
- Passive flexion allowed from limits of extension to full flexion

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- No active ROM exercise for elbow

## **Phase II (PROM, AAROM and AROM): Weeks 6-12**

### **Precautions:**

- No lifting or pushing activities with the arm
- NO BICEPS resistance exercises

### **Exercises**

- Wean off the Bledsoe Brace (1-2 weeks)
- Allow gradual complete extension and advance Elbow ROM: PROM-->AAROM-->AROM
- AAROM allowed at week 6, AROM allowed at week 8
- Ok to do gentle stretch at end range
- Start with gravity eliminated and advance to flexion against gravity at 8 weeks
- Continue Shoulder and wrist ROM

## **Phase III (Strengthening): Month 3 and beyond**

- End range stretching for extension
- May begin elbow strengthening against resistance-Theraband and gradually advance to elbow strengthening with light weights
- Return to contact sports at 5-6 months.

### **Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

### **Evaluation and others**

- ◇ Teach home exercise program



**Comments:**

**Frequency:** 2 times per week

**Duration:** 12 weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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