

REHABILITATION PROGRAM FOR DISTAL BICEPS REPAIR

PHASE I (WEEK 1)

- Posterior splint at 90 degrees of elbow flexion for 2 weeks
- Wrist and hand gripping exercises

PHASE II (WEEK 2-6)

- Elbow ROM brace
 - Week 2 @ 45-100
 - Week 4 @ 30-115
 - Week 6 @ 15-130
- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors and flexors
- Gripping exercises
- Week 5-6, isometric triceps exercises

PHASE III (WEEK 6-10)

- Elbow ROM
 - Discontinue brace week 8 (0-145)
- Week 8 begin
 - Light isotonic triceps
 - Isotonic wrist flexors/extensors
 - Shoulder isotonics
 - Continue rotator cuff and scapular exercises
 - Progress weight 1 lb. per week

PHASE IV (WEEK 10-16)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10-12, initiate UBE

PHASE V (WEEK 16-26)

- Light biceps isotonic (week 16)
- Plyometrics
- Two-handed @ week 16
- Progress to one-handed at week 20-22

PHASE VI (WEEK 26 AND BEYOND)

- Return to activity (sport specific training)