



## TJ Ridley, MD

Phone: 763-717-4124 | Website: [TJRidleyMD.com](http://TJRidleyMD.com) | Instagram: @dr.\_ridley

### Distal Biceps Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Pain and edema control</li> <li>Protect repair</li> </ul>	<ul style="list-style-type: none"> <li>Transition from splint to custom brace 7-10 days postop</li> </ul>	<ul style="list-style-type: none"> <li>Passive ROM 90° to full flexion</li> <li>PROM exercises may be done in supine position using triceps to actively extend and lower elbow.</li> <li>Scar Tissue Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>No resisted supination x 6 wks</li> <li>No resisted elbow flexion x 6 wks</li> </ul>
<b>Phase 2 (2-4 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Full PROM supination and pronation</li> <li>Full PROM flexion</li> </ul>	<ul style="list-style-type: none"> <li>Custom removable brace at all times except for exercises</li> </ul>	<ul style="list-style-type: none"> <li>Progress to 45° - full flexion passive ROM</li> <li>PROM exercises may be done in supine position using triceps to actively extend and lower elbow.</li> <li>Full A/PROM pronation</li> <li>Full PROM supination</li> <li>Scar Tissue Mobilization and edema control</li> </ul>	<ul style="list-style-type: none"> <li>Hand and wrist</li> <li>No resisted supination x 6 wks</li> <li>No resisted elbow flexion x 6 wks</li> </ul>
<b>Phase 3 (4-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Achieve full PROM</li> </ul>	<ul style="list-style-type: none"> <li>Custom removable brace at all times except for exercises</li> </ul>	<ul style="list-style-type: none"> <li>Progress to full PROM</li> <li>Maintain full ROM pronation/supination</li> <li>Progress to AROM supination</li> </ul>	<ul style="list-style-type: none"> <li>Light stretching of biceps may be incorporated at first end-feel</li> <li>Hand and wrist</li> <li>No resisted supination x 6 wks</li> <li>No resisted elbow flexion x 6 wks</li> </ul>
<b>Phase 4 (6-8 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>D/C brace</li> </ul>	<ul style="list-style-type: none"> <li>Start AAROM and progress to full AROM elbow</li> </ul>	<ul style="list-style-type: none"> <li>Continued stretching with joint limitations or tissue limitation.</li> <li>Stretching to mid-range within tolerance</li> <li>If full active and passive ROM are achieved:               <ul style="list-style-type: none"> <li>Begin light load resistance (do not combine elbow flexion and wrist supination) with high repetition</li> <li>Lifting no greater than 5 lbs.</li> </ul> </li> </ul>

<p><b>Phase 5 (8-10 weeks)</b> Goals</p> <ul style="list-style-type: none"> <li>• Maintain Full ROM</li> <li>• Progress to 10lbs resisted elbow flexion</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> <li>• Contact Dr. Ridley if full ROM not achieved</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to 10lbs resisted elbow flexion</li> <li>• Combination movements with 5lbs</li> </ul>
<p><b>Phase 6 (12 weeks)</b> Goals</p> <ul style="list-style-type: none"> <li>• Improve elbow flexion strength</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to heavier load lifting as tolerated per functional goals/needs</li> </ul>