

## DISTAL BICEPS TENDON REPAIR

### Rehab Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>0 - 2 Weeks</b>	None (splint)	Splint and sling at all times till first PO visit	Gentle wrist and shoulder ROM
<b>2 - 6 Weeks</b>	Active extension to 30°	Worn at all times (including exercise) - removed for hygiene	Continue wrist and shoulder ROM, Begin active extension to 30°, <b>NO</b> active flexion, gentle joint mobilizations
<b>6 - 9 Weeks</b>	Full active extension in brace	Worn at all times (including exercise) - removed for hygiene	Maintain wrist and shoulder flexibility. Begin rotator cuff/deltoid isometrics, progress active extension in brace
<b>9 - 12 Weeks</b>	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening to light resistive, maintain flexibility/ROM
<b>Week 12 - 6 Months</b>	Gradual return to full and pain free	None	Begin gradual flexion strengthening and advance as tolerated

