NewportCare Medical Group

Lucas Wymore MD
Sports Medicine
Office Phone:949-491-9991

40700 California Oaks Drive, Suite 205
Murrieta, CA 92592
Fax: 949-612-9795

DISTAL BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I 0 - 1 weeks	None	Post operative splint	Gentle wrist and shoulder ROM
PHASE II 1 - 8 weeks	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
PHASE III 8 - 12 weeks	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
PHASE IV 12 weeks - 6 months	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
PHASE V 6 months and beyond	Full and pain-free	None	Return to full activity