

DISTAL BICEP REPAIR REHAB GUIDELINES FOLLOWING

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INDIVIDUAL CONSIDERATIONS: this is a general guideline, please check op report and first office visit after surgery for more specific information regarding procedure and brace usage

PHASE 1: 0-2 weeks:

Brace Use

- For first 2 weeks, pt is splinted in posterior long arm splint at 60 degrees

Goals at 2 weeks:

- Control pain and protect graft
- Start PT at 2 weeks

PHASE 2: 2-6 weeks:

Post-op day 14 PT eval:

- Remove post-op bandages, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Teach brace usage

Brace Use

- Weeks 2-3: Brace 30 degree extension block, full flexion
- Weeks 3-4: Brace 20 degree extension block full flexion
- Weeks 4-5: Brace 10 degree extension block, full flexion
- Weeks 5-6: Brace 0 degree extension block, full flexion

Goals at 6 weeks:

- Control pain and protect with brace, avoid stressing fixation site
- D/C brace at week 6
- Full PROM by 6 weeks
- NO AROM OF ELBOW flexion or supination until 6 weeks

SUGGESTED THERAPEUTIC EXERCISES:

- PROM of elbow following weekly guidelines to not stretch bicep tendon excessively:
 - Week 2-3: full flexion PROM of elbow to lacking 30 degrees extension PROM
 - Week 3-4: full flexion PROM to lacking 20 degrees elbow extension PROM
 - Week 4-5: full flexion PROM to lacking 10 degrees elbow extension PROM
 - Week 5+: full PROM of elbow

- Week 4 may begin singular plane AAROM of elbow
- Scap retraction and shoulder rolls
- Shoulder AAROM and AROM with elbow in brace (avoid excessive shoulder extension to not strain bicep)
 - Prone ITY, prone row, s/l shoulder abd and ER with elbow in brace, standing ITY
- Shoulder PROM as needed
- STM to bicep and shoulder but avoid scar massage
- Wrist and hand AROM
- Shoulder Rhythmic stabs (above elbow joint, elbow in brace)

PHASE 3 6-12 weeks

Brace use:

- Brace discharged by 6 weeks

Goals:

- Improve ROM and pain
- Achieve full AROM
- NO BICEP CURL STRENGTHENING UNTIL 12 WEEKS!
- 5 lbs lifting restriction of shoulder

SUGGESTED THERAPEUTIC EXERCISE:

- AROM of elbow in singular plane weeks 6-8
- Multiplane AROM of elbow week 8
- Wrist and hand AROM
- Pronation and supination
- Shoulder submax isometrics
- Grip strength

PHASE 4: 12+ weeks

Goals:

- Achieve normal elbow strength and shoulder strength, return to PLOF

SUGGESTED THERAPEUTIC EXERCISES:

- Initiate elbow strengthening
- Shoulder IR/ER in s/l and standing light resistance and light weight
- Prone ITY light DB resistance
- Continue with rhythmic stabs (now below elbow joint)
- Continue with exercises from above phase
- Initiate bicep strengthening- start light resistance tubing or light dumbbell
- Begin standing CKC strengthening (wall walks, wall clocks, SA slides, wall push ups, ect)
- Progress shoulder strengthening
- Prone ITY with dumbbells on swiss ball
- PNF patterns
- TRX row, Y
- At 16 weeks may introduce plyo (start DA and then SA at 20 weeks)
- Progress to improving core stability: planks side planks, shoulder taps, etc
- Interval throwing pending MD clearance, return to sport specific training 26 weeks +

