

DISTAL BICEPS REPAIR

POST OPERATIVE PROTOCOL

	Time Frame	Guidelines
PHASE I	0 to 10 days	SPLINT: Immobilization in 90° splint x 10 days SLING: 6 weeks EXERCISE PROGRESSION <ul style="list-style-type: none"> • Cervical ROM, basic deep neck flexor activation (chin tucks) • Shoulder pinches
	10 days to 3 wks	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Discontinue sling at 6 weeks • Brace 90° to full flexion; remove for therapy • Begin passive elbow flexion – full range; Passive and active extension to 90° • Begin active shoulder protraction/retraction
PHASE II	3 to 6 wks	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Maintain program as outlined in weeks 1 to 3 • Initiate gradual ROM progression with active assisted/passive extension to 0° • Initiate AA/passive pronation/supination • Begin prone scapular strengthening series (unweighted)
	6 to 8 wks	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Discontinue brace at 6 weeks • Begin active range of motion of the elbow and wrist in all planes • Light resistance rotator cuff and scapular strengthening program; avoid load specific to elbow flexion and supination • CKC progression beginning with quadruped • Weighted prone scapular stabilization exercises
PHASE III	8 to 10 wks	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Continue with end range stretching • Advance RC and scapular strengthening program • Advance CKC program with push-up progression • Begin resisted biceps strengthening • Begin wrist and forearm strengthening all planes
	Week 12	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Begin global upper extremity gym strengthening program with gradual weight increase • Advance intensity of forearm and hand strengthening, including wrist extension • Initiate Plyometric Drills <ul style="list-style-type: none"> ◊ Plyoball wall drills ◊ Double arm rebounder drills progressing to single arm
	4-6 months	RETURN TO ACTIVITY <ul style="list-style-type: none"> • Follow-up appointment with physician • Initiate return to sport program per physician approval • Full return to play between 4-6 months post-op