

## Dr. Allen Distal Biceps Repair Rehabilitation Protocol

### Phase I: Protection (Weeks 0-6)

#### Weeks 0-2

- First post-op visit at ~2 weeks
- Leave splint in place until first visit (bag on arm to shower)
- Arm will be splinted at 90° for the first 2 weeks
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- Work on finger, hand, wrist motion,
- Scapular retractions, triceps & deltoid isometrics

#### Weeks 2-6

- Splint is removed at first visit, will be transitioned to a hinged elbow brace
- Ok to shower after splint is removed
  - Don't soak wound, pat dry and cover with fresh bandage
- Motion is increased based on the repair quality at the time of surgery
  - Typical return of motion (goal for full motion at 6 weeks)
    - 45°-full flexion for 1 week
    - 30°-full flexion for 1 week
    - 20°-full flexion for 1 week
    - 10°-full flexion for 1 week
- ROM (within range allowed)
  - PROM and AAROM for elbow flexion and pronation/supination
- Strengthening



- Submaximal pain-free biceps isometrics with neutral forearm
- Single plane 1# active motion (Flex/Ext/Pro/Sup) @ week 4
- RTC Therabands
- No biceps eccentrics
- Ok to use hand for cell phone, hygiene, and computers

### **Phase II: Weight Bearing (Weeks 6-12)**

- Second post-op visit at 6 weeks
  - Will plan to discontinue brace at this visit
- Ok to use arm and hand for ADLs
  - Cell phone, computer, grooming, cooking, light cleaning
- Restore full motion
- Strengthening
  - Single-plane biceps strengthening with neutral forearm
    - 5# weight restriction
  - Multi-plane elbow and forearm exercises at 8 weeks
    - 5# weight restriction
  - 10# weight restriction at 10 weeks if pain free
  - Multi-plane shoulder strengthening

### **Phase III: Strengthening (Weeks 12+)**

- Third post-op visit at 12 weeks
- Advance weight training as able
- Return to full sport/labor work at 16-20 weeks