

ACUTE DISTAL BICEPS REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-2 Weeks	None	Sling and postop posterior splint or hinged elbow brace locked at 90 degrees Worn at all times (brace can be removed for hygiene and exercises)	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc but no lifting *Lower body, core, and cardio (no running) okay if arm in brace/splint and arm not being used
PHASE II 2-6 Weeks	PROM as tolerated, limiting extension to 30 degrees; passive flexion as tolerated – no active flexion or supination	Brace unlocked 30-90 until 4 weeks, then to 120 degrees flexion until 6 weeks Worn at all times, can be removed for hygiene and exercises	Begin gentle active-assisted/active extension to 30 degrees; continue wrist/shoulder ROM, gentle joint mobs okay No active supination or flexion
PHASE III 6-9 weeks	Gradual return to full active extension, continued passive flexion	Discontinue brace at 6 weeks	Begin gentle active flexion without resistance
PHASE IV 9-12	Full and pain-free AROM	None	Begin isometrics and light resistance with gradual progression as tolerated with slow, steady movements
PHASE V 12 wks+	Full and pain-free	None	Advance strengthening as tolerated No plyometrics or cross-fit movements that involve biceps (elbow flexion)
PHASE VI 16+ weeks	Full and pain-free	None	Continue to advance weight/resistance gradually as tolerated, gradually resume to all activities

**Patient protocols may vary. Please follow patient-specific script if modified