

CHRONIC DISTAL BICEPS REPAIR WITH OR WITHOUT ALLOGRAFT REHABILITATION PROTOCOL

Commented [Pa1]: WITH ALLOGRAFT

| | 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 locked at 90 degrees until 4 weeks, then unlocked 30-90 until 6 weeks Worn at all times, 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 weeks | Full and pain-free AROM | None | Begin isometrics and light resistance with gradual progression as tolerated with slow, steady movements |
| PHASE V 12-16 weeks | 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 |

Commented [Cm2]: should it just be locked at 90? more comfortable?

Commented [Cm3]: changed to locked at 60 degrees per paige

Commented [Pa4]: ,

Commented [Pa5]: reword?

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