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BICEP TENDON REPAIR PROTOCOL

1-2 WEEKS

- Dr. Prohaska is no longer splinting or bracing distal bicep repairs
- Allow full passive elbow flexion forearm neutral
- Allow extension to 90 degrees forearm neutral
- Scar pad/mobilization, skin and wound care
- Exercise: 3 times a day with 10 reps each
 1. PROM elbow flexion
 2. AROM elbow extension to 90 degrees
 3. Forearm AROM from pronation to neutral at 90 degrees flexion; supination to 30 degrees
 4. Wrist flexion and extension wrist in neutral
 5. Light grasp exercise

3 WEEKS

- Allow extension to 60 degrees; supination to 45 degrees
- Encourage AROM shoulder
- Continue scar massage
- Exercises as above with new degree limits

4-5 WEEKS

- Allow extension to 30 degrees; supination to 55 degrees
- Begin AAROM flexion
- Exercises as above with new degree limits

6 WEEKS

- Wean out of sling.
- Begin AROM elbow flexion, place and hold exercise and full supination
- Begin light ADL's

8 WEEKS

- Begin stretching exercise with heat modalities if needed
- Begin strengthening to elbow with isometrics

9-10 WEEKS

- Begin progressive strengthening to entire extremity
- Consider RTW requirements