



Call my assistant Cameron for appts, questions, concerns: 307-745-1409
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REHABILITATION GUIDELINES FOR DISTAL BICEPS REPAIR

PHASE I (0-2 WEEKS)

DATES:

Appointments	<p>MD appointment at (10-14 days)</p> <p>Begin physical therapy (5-7 days)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • Decrease swelling • Pain control • Protection of repair
Precautions	<ul style="list-style-type: none"> • Splint/Brace locked at 90 degrees in neutral forearm position for 2-3 days • Patient will increase extension of brace and lock in place by 10 degrees every other day after surgery until full extension is gained. • Brace to be worn at all times
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Wrist AROM • Shoulder AROM (avoid excessive shoulder extension) • Isometrics for shoulder RTC, triceps (sub-max)
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike
Progression Criteria	<ul style="list-style-type: none"> • Pain and swelling under control

PHASE II (2-6 WEEKS)

DATES:

Appointments	<p>Continue physical therapy (2x week)</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • Slow progression of elbow extension to full • Protection of repair
Precautions	<ul style="list-style-type: none"> • Unlock brace for PROM 45 degrees starting week 2 then progress by 10 degrees each week till full extension is gained • No AROM biceps flexion x 6 weeks • Brace worn at all times even with ex's, removed for hygiene



Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Active tricep extension in brace • Continue with isometrics in shoulder • PROM supination/pronation with elbow at 90 degrees flexion
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike with brace on • Treadmill with brace on
Progression Criteria	<ul style="list-style-type: none"> • Full elbow PROM into flexion and extension

PHASE III (6-12 WEEKS)

DATES:

Appointments	Continue physical therapy (1-2x week as needed)
Rehabilitation Goals	<ul style="list-style-type: none"> • Start strength phase progressing from AROM to light resistance training • Maintain full ROM in elbow • Postural control of UE with focus on scapular control/activation with movement of lower arm.
Precautions	<ul style="list-style-type: none"> • Brace unlocked with AROM both directions 6 weeks • Remove brace at all times unless directed by surgeon 8 weeks • Start light resistance strength training for biceps week 8-12
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Isometrics for biceps 6-8 weeks • Light progressive resistance ex's against gravity for biceps/triceps, supination/pronation 8-12 weeks • Add combined flexion/extension with supination/pronation motions • Continue with RC and scapular strength with resistance • UBE warm up
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE warm up • Bike • Walking outside on level terrain
Progression Criteria	<ul style="list-style-type: none"> • Full Pain free AROM • Independent HEP

PHASE IV (12-20 WEEKS)

DATES:

Appointments	Continue physical therapy (1x week)
Rehabilitation Goals	<ul style="list-style-type: none"> • Return to full ADL's • Return to full recreational activity by 6 months unless directed by surgeon



	<ul style="list-style-type: none">• Full strength through ROM• Add weights for upper body at 12 weeks, progress weight bearing
Precautions	<ul style="list-style-type: none">• Return to upper extremity sports at 6 months with clearance of MD
Suggested Therapeutic Exercises	<ul style="list-style-type: none">• Weight bearing UE core/postural ex's• Continued resistance training UE• Return to gym weighted workouts
Cardiovascular Exercises	<ul style="list-style-type: none">• Swimming• UBE, Bike, Treadmill, walking and hiking outside all allowed
Progression Criteria	<ul style="list-style-type: none">• Return to sport for UE for high stress workloads or recreation such as climbing, throwing sports ect.

REF: MAMMOTH ORTHOPEDICS