

CHRONIC 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 (if given) Worn at all times (brace can be removed for hygiene)	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc but no lifting *Stationary bike, elliptical 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	Brace locked at neutral (90 degrees) until 4 weeks, then locked 30-90 until 6 weeks Worn at all times besides hygiene, can unlock or remove for 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 affect 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 *Recovery completed (>85%) by 24 weeks, maximum resistance will take up to one year to recover full ability, typically >10% or more loss from pre-injury level

**Patient scripts may vary- please follow script if different