

Rehabilitation Protocol: **Biceps Tendon Repair**

| | RANGE OF MOTION | BRACE | THERAPEUTIC EXERCISE |
|---|---|--|---|
| PHASE I 0 - 1 weeks | None | Splint at all times. | Shoulder, wrist, hand ROM. Modalities: heat before, ice after. |
| PHASE II 1 - 6 weeks | Begin P/AAROM. Extension to 45°. Full active flexion. Advance extension 15° per week. | Hinged brace unlocked with 40° extension stop. Unlock brace by 15° per week until full. Brace at all times, except shower and HEP. | Continue shoulder, wrist, hand ROM. Shoulder and scapular strengthening from above elbow. |
| 6 – 8 weeks | Begin A/AAROM to achieve full extension. Full passive flexion. | DC brace at 6 weeks. | Begin RC and deltoid isometrics. (May hold supervised PT visits until 12 wks) |
| PHASE III 8 - 12 weeks | Progress to full motion. Correct deficits. | None. | Begin elbow flexion and extension exercises against gravity. |
| PHASE IV 12 - 16 weeks | Full painless motion. | None. | Begin gentle progressive elbow flexion strengthening exercises. (May resume PT visits for supervised strengthening) |
| PHASE V 4 - 6 months | Full. | None. | Advanced strengthening. Sport-specific training. Return to full activities as tolerated. |