

# NEIL GHODADRA, M.D.

## BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 3 weeks</b>	None	Locked in neutral - worn at all times	Gentle wrist and shoulder ROM
<b>PHASE II 3 - 6 weeks</b>	Active extension to 30 ° in brace	Worn at all times (including exercise) - removed for hygiene	Continue with wrist and shoulder ROM, begin active extension to 30 ° <b>NO</b> active flexion, gentle joint mobilizations
<b>PHASE III 6 - 9 weeks</b>	Active extension to 0 ° in brace	Worn at all times (including exercise) - removed for hygiene	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension in brace
<b>PHASE IV 9 - 12 weeks</b>	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM
<b>PHASE V 12 weeks - 6 months</b>	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
<b>PHASE VI 6 months and beyond</b>	Full and pain-free	None	Return to full activity