

## **BICEPS TENDON REPAIR (DISTAL)**

### **Phase I- Protective Phase (Week 0 – 6)**

#### **Goals:**

- Gradual return to full ROM to protect repair
- Decrease pain

#### **Weeks 0 – 3**

- posterior splint for protection and comfort (6 weeks)
- Wrist ROM exercises, hand gripping
- PROM as follows:
  - Flexion to tolerance
  - Supination to tolerance
  - Extension limited to -45 degrees of full extension
  - Pronation limited from neutral to full supination with elbow extension
  - Pronation limited to 45° at 90° of elbow flexion

#### **Weeks 3 – 6**

- Wean out of splint by 6 weeks
- Wrist ROM exercises, hand gripping
- PROM as follows:
  - Progress to full flexion
  - Progress to full supination
  - Gradually progress to full extension
  - Gradually progress to full pronation
- Initiate isometric scapular exercises (retractions, shrugs)

### **Phase II – Intermediate Phase (7 – 12 Weeks)**

#### **Goals:**

- Full, non-painful ROM
- Begin strengthening program
- Increase functional activities; decrease residual pain

#### **Weeks 7 – 12**

- AROM for biceps
- Initiate upper body cycle ergometer
- Strengthening:
  - Begin and gradually progress isolated bicep PRE's
  - Advance scapular and shoulder program with biceps precautions

### **Phase III – Advanced Strengthening Phase (Weeks 13 – 21)**

#### **Goals:**

- Maintain full, non-painful ROM
- Improve elbow strength
- Improve neuromuscular control
- Gradual return to functional activities

#### **Weeks 13 – 20**

- Continue above program
- Begin Plyometric program
- Strengthening:
  - Aggressive isotonic program for shoulder, elbow and scapular muscles
  - General conditioning program (bench press/lat pulls, etc. with precautions)
  - Begin isokinetics
- Initiate interval sport programs (when strength is satisfactory)

### **Phase IV – Return to Activity Phase (Weeks 21 – 26)**

#### **Goals:**

- Gradual return to sport activities
- Continue general strengthening program

#### **Criteria for return to play:**

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program