

Rehabilitation Program for Distal Biceps Repair

Phase 1 (Week 1)

- Posterior splint at 90 degrees of elbow flexion
- Wrist and hand gripping exercises
- Long arm splint, elbow flexed at 30-45 degrees
- Can use hinged splint and block range of motion, yet allow range of motion during therapy and gradual elbow flexion
- Passive elbow extension
- Active elbow extension
- Night-time extension splint if needed

Phase 2 (Week 2-6)

- Elbow ROM Brace
 - Week 2 @ 45-100
 - Week 4@30-115
 - Week 6 @ 15-130
- Shoulder exercises (rotator cuff)
- Scapular Strengthening
- Wrist extensors and flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5-6, isometric triceps exercises

Phase 3 (Week 6-10)

- Elbow ROM
 - Discontinue brace week 8 (0-145)
- Week 8 begin
 - Light isotonic triceps
 - Isotonic wrist flexors/extensors
 - Shoulder isotonics
 - Full active flexion
 - Active extension after 6 weeks
 - Continue rotator cuff and scapular exercises
 - Progress weight 1 lb. per week

Phase 4 (Week 10-16)

- Biceps isometrics @ week 12
- Continue flexibility exercises
- ROM/stretching exercises
- Week 10-12, initiate UBE

Phase 5 (Week 16-26)

- Light biceps isotonics (week 16)
- Plyometrics
 - Two-handed @week 16
 - Progress to one-handed at week 20-22

Phase 6 (Week 26 and beyond)

- Return to activity (sport specific training)