

## **Rehabilitation Program for Distal Biceps Repair**

### **I. Phase I (Week 1)**

- Posterior splint at 90 degrees of elbow flexion for two weeks or HEB locked at 90.
- Wrist and hand gripping exercises

**PRECAUTIONS:** Posterior splint at 90 degrees is to be left on for 14 days  
Do not begin active supination for 14 days

### **II. Phase II (Week 3 – 6)**

- Elbow ROM brace
- Begin passive and assisted active supination
- Progress to active supination as tolerated
  - Week 3 at 45 – 100 degrees
  - Week 4 at 30 – 115 degrees
  - Week 6 at 15 – 130 degrees
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises

### **III. Phase III (Week 6 – 10)**

- Elbow ROM brace
  - Week 8 at 0 – 145 degrees
- Week 8 begin
  - Isotonic triceps
  - Isotonic wrist extensor / flexor
  - Shoulder isotonic

**Discontinue use of elbow brace at week 9-10**

### **IV. Phase IV (Week 10 - 16)**

- Biceps isometrics Week 8-10
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10 – 12 UBE

### **V. Phase V (Week 16 – 26)**

- Biceps isotonic (light) Week 10-12
- Plyometrics

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**VI. Phase VI (Week 26 and beyond)**

- Return to activities (Sport Specific)

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