

## REHABILITATION PROTOCOL: DISTAL BICEPS REPAIR

- Immobilization:** Posterior splint, elbow immobilization at 90° for 10-14 days
  
- Brace:**
  - ROM set at 45° extension to full flexion
  - Gradually increase elbow ROM in brace
  - Start formal physical therapy at week 2-4
  - Can discontinue at 8 weeks if adequate motor control
  
- Range of motion progression:**
  - Week 0-1: Immobilization in splint
  - Week 2-3: 45° to full elbow flexion
  - Week 4: 30° to full elbow flexion
  - Week 5: 20° to full elbow flexion
  - Week 6-7: 10° to full elbow flexion and full supination/pronation
  - Week 8: full ROM of elbow (flexion, extension, supination, pronation)
  
- Strengthening program:**
  - Week 2-3: Isometrics for triceps and shoulder muscles
  - Week 9: Active ROM, no resistance applied
  - Week 10: Progressive resistive exercise (PRE) program initiation for elbow flexion and supination/pronation
    - Begin with 1 lb. and gradually increase shoulder strengthening program
  - Week 14: May initiate light weight training such as bench press and shoulder press
    - Initiate endurance program that simulates work activities/requirements
  - Month 4-6: Increase strength and endurance
    - Bilateral upper extremity plyometrics after week 16
    - Single arm plyometrics after week 20-22
  - Month 6+: Goal to return to sport
    - Sport-specific movements
    - Graded participation in practice with full and pain-free practice prior to participation in competition