REHABILIATION PROTOCOL: DISTAL BICEPS REPAIR

[ ]  **Immobilization:** Posterior splint, elbow immobilization at 90° for 7-10 days

[ ]  **Brace:**

* Elbow placed in Range of motion (ROM) brace at 7-10 days after surgery
* ROM set at 45° extension to full flexion
* Gradually increase elbow ROM in brace
* Start formal physical therapy at week 2-4

[ ]  **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