



Rehabilitation Protocol. Biceps Tendon Repair

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	None.	Hinged brace set at 90 degrees. Worn at all times except for hygiene.	Shoulder, wrist, hand ROM. Modalities: heat before, ice after.
PHASE II 4 - 6 weeks	Begin A/AAROM. Extension to 30 degrees. Passive flexion to 120 degrees.	Hinged brace set with range from 30-90 degrees.	Continue shoulder, wrist, hand ROM. Scapular strengthening from above elbow.
6 - 8 weeks	Begin A/AAROM to achieve full extension. Full passive flexion.	Hinged brace set with range from 0 - 90 degrees.	Begin RC and deltoid isometrics.
PHASE III 8 - 12 weeks	Progress to full motion. Correct deficits.	Discontinue brace.	Begin elbow flexion and extension exercises against gravity.
PHASE IV 12 - 16 weeks	Full painless motion.	None.	Begin gentle progressive elbow flexion strengthening exercises.
PHASE V 4 - 6 months	Full.	None.	Advanced strengthening. Sport-specific training. Return to full activities as tolerated.

LOCATIONS

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