



MARC ROGERS, D.O.
1805 SE 16th Ave., Suite 1002 Ocala, FL 34471 • 352-620-1900

DISTAL BICEPS TENDON REPAIR (CONSERVATIVE)

Phase I:

Goals:

- Immobilization
- Maintain limited AROM/PROM/AAROM
- Protect surgical repair.
- Limit pain.

Weeks 1-2:

- Immobilization:
 - Posterior splint, elbow immobilization at 90 degrees for 7-10 days
- Brace:
 - Elbow placed in ROM brace at 7-10 days post-operative
- Range of Motion:
 - ROM set at 45 degrees to full flexion
 - Gradually increase elbow ROM in brace
 - Week two: 45 to full elbow flexion
 - Week three: 45 to full elbow flexion

Phase II:

Goals:

- Progressive AROM/PROM/AAROM
- Discontinue Immobilization
- Initiate Strengthening activities
- Initiate Formal Physical Therapy

Week 3-4:

- Range of Motion:
 - Passive ROM for elbow flexion and supination
 - AAROM for elbow extension and pronation
- Strengthening Exercises:
 - Week 2-3: isometrics for triceps and shoulder muscles

Week 4-6:

- Start formal physical therapy at week 4
- Range. of Motion Progression:
 - Continue passive ROM for elbow flexion and supination;
 - Active assisted ROM for elbow extension and pronation
 - Week four: 30 to full elbow flexion
 - Week five: 20 to full elbow flexion
 - Week six: 10 to full elbow flexion, full supination/pronation
 - Week eight: full ROM of elbow; full supination/pronation

Phase III:

Goals:

- Gradual Return to Sport
- Full ROM activities

Week 6-8:

- Range of Motion Exercises:
 - Week 6-8: initiate AAROM elbow flexion
 - Week 9: active ROM elbow flexion
- Strengthening Program:
 - Continue isometrics for triceps and shoulder muscles.

Weeks 9-14:

- Range of Motion:
 - Week 9: active ROM, no resistance applied
 - Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation
 - begin with one lb and gradually increase shoulder strengthening program
 - Week 14: May initiate light weight training such as bench press and shoulder press