

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

DISTAL BICEPS TENDON REPAIR REHABILITATION PROTOCOL

Phase I (Weeks 0-3)

- ROM: None
- o Brace @ all times, settings:
- Exercises
- o Gentle wrist and shoulder ROM

Phase II (Weeks 3-6)

- ROM: Active extension to 30° in brace
- BRACE: Worn at all times (including exercise) – removed for hygiene
- Exercises: Continue wrist and shoulder ROM, begin active extension to 30°, NO active flexion, gentle joint mobilizations

Phase III (Weeks 6-9)

- ROM: Active extension to 0° in brace
- Brace: Worn at all times (including exercise) – removed for hygiene
- Exercises: Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension in brace

Phase IV (Weeks 9-12)

- ROM
- o Gently advance ROM to tolerance
- Exercises: Begin active flexion and extension against gravity, advance strengthening from phase III to add resistance
- o Maintain flexibility/ROM

Phase V (12 weeks to 6 months)

- ROM
- o Gradual return to full and pain-free
- Exercises
- o Begin flexion strengthening with resistance, advance activities from phase IV

Phase VI (6 months and beyond)

- ROM: Full and pain-free
- Exercises: Sport-specific goals, Full activity

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____