

Rehabilitation Guidelines for Distal Biceps Repair

NISMAT

Dr. Nicholas & Tim Tyler PT

Phase 1- Protection phase (Weeks 0-8)

Weeks 0-2

Immobilization for 2 weeks
Pendulum exercises
Ice and pain modalities
Hand gripping exercises
Submaximal Isometric
 triceps
 shoulder rotators

Weeks 2-4

Brace 0°-90°
Passive Pronation to neutral only/Full Supination
(All elbow exercises done with the shoulder in 60° of flexion/neutral grip)
Active ROM elbow flexion
Gentle Passive elbow extension (Week 3)
Wrist strengthening

Weeks 4-8

Remove brace
Submaximal isometric progressing to isotonic biceps exercises (neutral grip)
Tricep isotonics to 10° from full extension
Gentle (painfree) passive ROM Sup/Pron
Pulleys
UBE for AAROM
Rhythmic Stabilization Flex/Ext & Sup/Pron
Isometric Sup/Pron

Phase 2-Weeks 8-12 Intermediate Phase

Submaximal isotonic Sup/Pron
Progression to strengthening with the shoulder in adduction
Joint mobilizations
Restoration of full ROM (12 weeks)
Strengthening of upper body musculature with neutral grip
Biceps curls Three ways (Sup/Neutral/Pron)
Use of Dumbbells may be better than barbell

Phase 3-Weeks >12 Advanced Strengthening Phase

Strengthening of Sup/Pron (Hammer, golf club, pole)
Move to strengthening with supinated grip
Closed chain exercises
PNF resistance patterns
Isokinetics

Plyometrics
Return to sport at 4 months (Earliest)

DISCLAIMER

These general rehabilitation guidelines are created by physical and occupational therapist for the rehabilitation of various shoulder and elbow pathologies. These are to simply be used as guidelines. This information is provided for informational and educational purposes, only. Specific treatment of a patient should be based on individual needs and the medical care deemed necessary by the treating physician and therapists. The University of Kentucky and The American Society of Shoulder and Elbow Therapists take no responsibility or assume no liability for improper use of these protocols. We recommend that you consult your treating physician or therapist for specific courses of treatment.