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## **Distal Biceps Tendon Rehab Protocol**

### **Phase I ( 0-7 days post-op)**

- > Posterior splint at 90 degrees of elbow flexion
- > Wrist and hand gripping exercises

### **Phase II (1 week through 5 weeks post-op)**

- > Brace locked at 90 when not working on therapy exercises
- > Elbow PROM and self assisted
  - o 1 week post-op 45-100
  - o 3 weeks post-op 30-115
  - o 5 weeks post-op 15-130
- > Shoulder Passive, Active Assisted, and Active Range of motion as tolerated all planes
- > Scapular retraction and shoulder shrugs
- > Active wrist flexion and extension
- > Passive supination and pronation stretch
- > No active elbow flexion or supination
- > Gripping exercises

### **Phase III (6 weeks post-op)**

- > Begin active elbow flexion and supination at 6 weeks post-op
- > Begin co-contraction exercises of biceps and triceps
- > Elbow ROM
  - o Discontinue brace 8 weeks post-op (0-145)
- > 8 weeks post-op begin
  - o Light isotonic triceps
  - o Isotonic wrist flexors/extensors
  - o Shoulder rotator cuff and scapular strengthening

### **Phase IV (12 weeks post-op)**

- > Biceps light isotonic progressing 1 pound per week begin at week 12 weeks post-op.
- > Initiate resisted UBE

### **Phase V (16 weeks post-op through week 26)**

- > Progressive strengthening as tolerated
- > Functional progression to athletic activity

**Return to full participation in athletic activity at 5 months post-op.**