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## Distal Biceps Repair

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Maximum Protection (0 to 7 Days)

#### 0 to 7 Days

- Complete immobilization in 90 degrees splint
- Sling for six weeks

### Phase II: Progressive Stretching and Passive Motion (1 to 6 Weeks)

#### Weeks 1 to 3

- Discontinue sling at six weeks
- Brace 90 degrees to full flexion; may remove for therapy
- Begin passive elbow flexion – full range; passive and active extension to 90 degrees
- Begin active shoulder protraction/retraction

#### Weeks 3 to 6

- Maintain program as outlined in weeks one to three
- Initiate gentle active/passive extension to 0 degrees
- Initiate passive supination

### Phase III: Active Motion (Weeks 6 to 8)

#### Weeks 6 to 8

- Discontinue brace at six weeks
- Begin active range of motion of the elbow and wrist in all planes
- Begin rotator cuff and scapular strengthening program
- Scapular stabilization exercises

### Phase IV: Strengthening (Week 8 to 12)

#### Weeks 6 to 8

- Continue with end range stretching
- Begin resisted biceps strengthening
- Begin wrist and forearm strengthening all planes

#### Week 12

- Begin global upper extremity gym strengthening program
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate plyometric drills
  - Plyoball wall drills
  - Double arm rebounder drills progressing to single arm

### Phase V: Return to Sport (Week 12 to 16)

- Follow-up appointment with Dr. Roberson
- Initiate return to sport program per Dr. Roberson's approval