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REHABILITATION PROTOCOL - DISTAL BICEPS REPAIR

PHASE I (week 1)

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

PHASE II (week 2-6)

- Elbow ROM Brace
 - Week 2 @ 45-100
 - Week 4 @ 20-115
 - Week 6 @ 0-130
- Shoulder Exercises (rotator cuff)
- Scapular Strengthening
- Wrist Extensors and Flexors
- No active elbow flexion or supination
- Gripping exercises
- Week 5-6, isometric triceps exercises

PHASE III (week 6-10)

- Elbow ROM
 - Discontinue brace week 8 (0-145)
- Week 8 Begin:
 - Light Isotonic triceps
 - Isotonic wrist flexors/extensors
 - Shoulder isotonics
 - Continue rotator cuff and scapular exercises
 - Progress weight 1lb per week

PHASE IV (week 10-16)

- Biceps Isometrics @ week 12
- Continue Flexibility exercises
- ROM/Stretching exercises
- Week 10-12, initiate UBE

PHASE V (week 16-26)

- Light biceps isotonics (week 16)
- Plyometrics
 - Two handed @ week 16
 - Progress to one handed at week 20-22

PHASE VI (week 26 and beyond)

- Return to activity (sport specific training)

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