

Orthopaedic Sports Specialists, P.C.

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Post Operative Rehabilitation Protocol: **Biceps Tendon Repair at the Elbow (Distal)**

Immobilization: Posterior split, elbow immobilization at 90 degrees for about 5-7 days.

Brace: Elbow placed in ROM brace 5-7 days;
Post-operative ROM set 30 degrees to full flexion;
Gradually increase elbow ROM in brace

ROM Progression and brace progression:

Week 1: 30 degrees to 90 degrees.
Week 2-3: 10 degrees to full flexion
Week 4-6: Full extension to full elbow flexion
Full supination/pronation
Week 7-8: Wean from brace.

ROM Exercises:

Week 2-3: passive ROM for elbow flexion and
Supination; active assisted ROM for elbow
Extension and pronation – advance to full.
Week 3-4: initiate AAROM elbow flexion
Week 4: active ROM elbow flexion

Strengthening Program:

Week 1: isometrics for triceps and shoulder muscles
Week 2: isometrics (submaximal bicep curls)
Week 3-4: active ROM; no resistance applied
Week 8: PRE program is initiated for elbow flexion
and supination/pronation
begin with 1lb and gradually increase
program shoulder strengthening program
Week 12-14: May initiate light weight training such as
Bench press and shoulder press