



Rehabilitation Protocol

Procedure: Open Distal Biceps Repair

Phase I Days 1-10

Goals:

1. Pain Control
 2. Maintain finger range of motion, active grip, finger flexion/extension
- Movement of the fingers for 2 minutes, 3-5x/day
 - Ice and elevate
 - Gentle active/active assist range of motion.
 - Brace/dressing may be removed to shower

Phase II Day 10- 6 weeks

Goals:

1. Full, supple range of motion including supination and pronation by end of week 4 to elbow, wrist and hand
 2. Pain free isometric contraction by week 6
- Active flexion with forearm in neutral or pronation
 - Work on elbow extension with wrist flexion
 - Edema reduction and scar management
 - Sub maximal Isometrics are started
 - May begin lower extremity conditioning including core and abdominals.

Phase III 6weeks-12 weeks

Goals

1. Pain free
2. Increased strength with elbow extension

Star Orthopedics & Sports Medicine

FRISCO 5550 Warren Pkwy | Suite 200 | Frisco TX | 75034

TEL 469.850.0680

FAX 469.850.0681

WEB starorthopedics.com



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1. Therapeutic exercises:

- Rotator cuff, elbow and scapular stabilization training with light resistance
- Aerobic conditioning on a stationary bike or treadmill
- Light stretching is encouraged at this stage with emphasis on end range and passive overpressure
- Progressive resistive exercises- strengthening wrist flexion, extension, pronation, ulnar and radial deviation.
- Pain free grip strengthening with putty or ball.

Phase III 12 weeks- 6 months

Goals

1. Pain free with activity
 2. Normal range of motion
 3. Return to sports and full activity
- Begin task specific functional activities
 - Return to sport activities when grip strength symmetric and good extension strength
 - Continue wrist, elbow, shoulder and scapular strengthening
 - Progress to home exercise program to include stretching and strengthening

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