

Biceps Tendon Repair Rehabilitation Protocol

Benedict Figuerres, MD, Orthopedic and Sports Medicine
kutopeka.com/ortho

	Range of motion	Immobilizer	Exercises
Phase I 0-3 weeks	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Immobilized at all times day and night 	<ul style="list-style-type: none"> Gentle wrist and shoulder ROM
Phase II 3-6 weeks	<ul style="list-style-type: none"> Active extension to 30° 	<ul style="list-style-type: none"> Worn at all times day and night (including exercises) except for hygiene 	<ul style="list-style-type: none"> Continue with wrist and shoulder ROM, begin active extension to 30°, gentle joint mobilizations NO active flexion
Phase III 6-9 weeks	<ul style="list-style-type: none"> Active extension to 0° 	<ul style="list-style-type: none"> Worn at all times day and night (including exercises) except for hygiene 	<ul style="list-style-type: none"> Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension in brace, progress to active flexion without gravity
Phase IV 9-12 weeks	<ul style="list-style-type: none"> Gently advance ROM to tolerance 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Begin active flexion and extension against gravity, advance strengthening in phase II to resistive, maintain flexibility and ROM
Phase V 3-6 months	<ul style="list-style-type: none"> Gradual return to full and pain-free 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Begin gentle flexion strengthening, advance activities in phase IV
Phase VI 6+ months	<ul style="list-style-type: none"> Full and pain-free 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Return to full activity

MD recheck at 7-10 days, 6 weeks and 3 months

Avoid NSAIDs until 4 weeks after surgery