

DISTAL BICEPS REPAIR REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 2 Weeks

- Maintain bandage or splint in situ
- Sling for comfort
- Elevate arm
- Patient may use and move arm within limits of bandage (ROM roughly 60° - 100°)

2 - 4 Weeks

- Remove bandage or splint
- Commence active assisted ROM(flexion/extension/pronation/supination)
- Rough guide: 3-4 weeks: 45° - 120°

5 - 6 Weeks

- 0° - 140°
- Oedema control with elevation, ice, stockinette or Tensor as needed
*No strengthening or lifting > 2kg

6 - 12 Weeks

- Aim for full ROM 6-8 weeks
- Commence strengthening with weights (0.5 to 1 kg)
- Emphasize endurance first, then strength
*No maximal straining of biceps in supination or flexion until 12 weeks

12 - 16 Weeks

- Return to normal activities of daily living
- Gradual return to normal sporting activities

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!