

### **Distal Biceps Repair PT Protocol**

#### **Phase I – Maximum Protection (0 to 7 Days):**

- 0 to 7 Days:
  - o Complete Immobilization in 90° Splint
  - o Sling For 6 Weeks

#### **Phase II – Progressive Stretching and Passive Motion (1 - 6 Weeks):**

- Weeks 1-3:
  - o Brace 90° to full flexion; may remove for therapy
  - o Begin passive elbow flexion – full range; Passive and active extension to 90°
  - o Begin active shoulder protraction/retraction
- Weeks 3 to 6:
  - o Maintain program as outlined in weeks 1 to 3
  - o Initiate gentle active/passive extension to 0°
  - o Initiate passive supination

#### **Phase III – Active Motion (Weeks 6 to 8):**

- Weeks 6 to 8:
  - o Discontinue brace at 6 weeks
  - o Begin active range of motion of the elbow and wrist in all planes
  - o Begin rotator cuff and scapular strengthening program
  - o Scapular stabilization exercises

#### **Phase IV – Strengthening (Week 8 to 12):**

- Weeks 8 to 12:
  - o Continue with end range stretching
  - o Begin resisted biceps strengthening
  - o Begin wrist and forearm strengthening all planes
- Week 12:
  - o Begin global upper extremity gym strengthening program
  - o Advance intensity of forearm and hand strengthening, including wrist extension
  - o Initiate Plyometric Drills Plyoball wall drills Double arm rebounder drills progressing to single arm

#### **Phase V – Return to Sport (Week 12-16):**

- Follow-up appointment with physician
- Initiate return to sport program per physician approval