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BICEPS TENDON REPAIR REHABILITATION PROTOCOL

PHASE I (0 - 3 weeks)

Goals:

- Protect repair
- Decrease pain/edema
- Limit ROM

Precautions:

- Immobilizer should be worn at all times (except for hygiene), locked in neutral

Therapeutic Exercise:

- Gentle wrist and hand ROM.
- At 2 weeks post-op, may begin shoulder pendulums, scapular retraction.

Criteria for progression to phase II:

1. Tolerance of Codman's exercises
2. No sign of infection

PHASE II (3 - 6 weeks)

Goals:

- Prevent deconditioning
- Tolerance/maintenance of prescribed ranges

Precautions:

- Immobilizer should be worn at all times (except for hygiene and exercise) increase range of brace to 90deg flexion, 45deg extension.
- Begin weaning from the brace at week 4.

Therapeutic Exercise:

- Begin formal physical therapy
- Active extension to 30degrees.
- Gentle joint mobilizations.
- Continue with wrist and shoulder ROM.
- Encourage scapular and rotator cuff stabilization
- Increase elbow PROM.

Criteria for progression to phase III:

1. Tolerance/Maintenance of prescribed passive and active ROM

PHASE III (6-9 weeks)

Goals:

- Incorporate strengthening with minimal residual pain/stiffness
- Attain full AROM
- Tolerate initial phase of strengthening

Therapeutic Exercise:

- Progress to full elbow AROM. Active extension to 0 by week 9.
- Begin rotator cuff/deltoid strengthening.
- Begin light isometric elbow flexion/extension.
- Scapular stabilization.

Criteria for progression to phase IV:

1. Maintain full AROM
2. Good muscle contraction at shoulder/elbow

PHASE IV (9 - 12 weeks)

Goals:

- Increase strength/proprioception/stabilization

Therapeutic Exercise:

- Gently advance ROM to tolerance against gravity.
- Begin resisted flexion and extension.
- Advance strengthening to resistive/isotonic exercise.

Criteria for progression to phase V:

1. Strength at least 75% of contralateral side

PHASE V (12weeks-6months)

Therapeutic Exercise:

- Begin eccentric strengthening at the elbow.
- Advance activities in phase IV.
- Initiate throwing program when patient has achieved full AROM of all involved joints, strength is equal to contralateral side, and sufficient endurance/mechanics have been demonstrated

Return to Sport Criteria: (approximately 6months)

1. MD clearance
2. Equal strength to contralateral elbow/shoulder
3. Completion of sport specific testing