

DISTAL BICEPS REPAIR

Rehab Protocols

 www.TheAmericanOrthopedics.com/resources



Dr. Drew Ratner

PHASE I – WEEKS 1-2

- Posterior Splint at 90° for 2 weeks
- Wrist and hand gripping exercises
- Light PROM only from 45 to 75 degrees (week 1)
- Light PROM only from 45 to 90 degrees (week 2)
- No active Supination-No passive pronation
- Shoulder Isometrics in Posterior Splint (ER, IR, Abd, Flex)

Precautions: Posterior splint at 90 degrees is to be left on for 14 days. Do not begin active supination for 14 days

PHASE II – WEEKS 3-6

- Elbow Hinged brace
- Begin passive and assisted active supination
- Progress to active supination as tolerated
 - Week 3 at 45 – 100 degrees
 - Week 4 at 30 – 115 degrees
 - Week 6 at 15 – 130 degrees
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises

PHASE III – WEEKS 6-10

- Elbow ROM brace
 - Week 7 at 0 – 145 degrees
- Week 8 begin
 - Isotonic triceps
 - Isotonic wrist extensor / flexor
 - Shoulder isotonic
- Discontinue use of elbow brace after 8 weeks
- Biceps isometrics Weeks 8-10

Call **864-807-9998** with any questions
about rehab protocols.



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PHASE IV – WEEKS 10-16

- Continue flexibility exercises
- ROM / stretching exercises
- Week 10-12: more aggressive controlled exercises

PHASE V – WEEKS 16-26

- Biceps isotonics (light)
- Plyometrics
- Return to Sport

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