



# DISTAL BICEPS REPAIR ELBOW REHABILITATION

Phase I Passive range of motion

Phase II Active range of motion with terminal stretch

Phase III Resisted plus continue Phase II PROTECT IN SLING / FOR 4 WEEKS, INCLUDING SLEEP X 2 WEEKS.

Immediate: IMMOBILIZED IN SPLINT, NO MOTION X 3-5 days

## **PHASE I: Begin after splint removal 3-5 days post-op**

- Active assist flexion to full as tolerated. Gentle active extension to Full as tolerated. No aggressive stretch yet.
- Active assist supination to full as tolerated. Active pronation to full.
- Active wrist, hand, shoulder ROM.

## **PHASE II: 1 month post-op**

- Active flexion, active extension towards full with gentle terminal stretch.
- Active supination, active pronation towards full, terminal stretch.
- Active elevation, external rotation, internal rotation of the shoulder.
- Use arm for light ADL's. No lift >1 lb.

## **POST OP DAY # 42:**

- Continue as above – everything active, terminal stretch for extension and pronation.
- When AROM full, gentle isometric elbow strengthening begins.

## **PHASE III: 2 months post-op**

- Continue stretching
- Resisted flexion, extension, supination, pronation elbow (theraband ONLY)
- Routine shoulder strengthening and stretching.

## **WEIGHT TRAINING:**

- 3 months post-op
- High reps / low resistance

## **RETURN TO ACTIVITIES:**

- Computer: 4 weeks
- Golf: 3 months
- Tennis: 4 months
- Contact sports: 4 months
- Throwing: 4 months