

**ACCELERATED ONE INCISION DISTAL BICEPS REPAIR
REHABILITATION PROTOCOL
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Phase I (Week 1-6)

- No splint, soft ace dressing only
- Wrist and hand gripping exercises

PRECAUTIONS: No active resisted elbow flexion or supination for 6 weeks

- PROM to tolerance
- Begin passive and active assisted supination
- Shoulder exercises (Rotator Cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises
- Biceps Isometrics week 6

Phase II (Week 6 – 12)

- Isotonic triceps
- Isotonic wrist extensor/flexor
- Shoulder isotonic
- Begin isotonic supination
- Begin biceps isotonic
- Continue flexibility exercises
- ROM/stretching exercises
- UBE

Phase III (Week 12 – 16)

- Progress biceps strengthening
- Plyometrics

Phase IV (Week 16 and beyond)

- Return to activities (Sport Specific)