

## POST-OPERATIVE REHABILITATION: DISTAL BICEPS REPAIR

**Therapy Plan:** Twice per week for 0-2 months, once per week for 2-4 months

### ROM Progression

Brace locked at 45° for 0-2 weeks.

Progress passive and active-assisted ROM as tolerated after 2 weeks with the goal of symmetric full motion at 8-10 weeks.

### Strength Progression

Initially NO strengthening exercises for the biceps for 0-6 weeks after surgery.

- Start isometric strengthening at 6 weeks
- Progress strengthening against gravity starting at 9 weeks
- Advance strengthening as tolerated after 12 weeks

### Initial Post-Operative Physical Therapy Visit (2 weeks)

- Correctly replace brace and demonstrate knowledge of locking/unlocking and flexion angles
- Instruct on shoulder, wrist, and hand exercises
- Isometric exercises for core

### Phase 1 Physical Therapy (0-6 weeks): protect the joint, progress motion

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Soft tissue mobilization, isometric exercises, core strengthening
- Brace locked at 45° for 0-2 weeks, then may gradually unlock as passive motion improves
- Progress passive and active-assisted ROM as tolerated after 2 weeks with the goal of symmetric full motion at 8-10 weeks.

### Phase 2 Physical Therapy (6-12 weeks): progressive strengthening

- Wean out of brace when demonstrating adequate upper extremity control and proprioception
- Initiate biceps isometric strengthening
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

### Phase 3 Physical Therapy (12-24 weeks): return to pre-injury level and sport

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- Full return may take 4-6 months or more