TROPICAL MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

888-9-TROPICAL www.TropicalMedicalGroup.com

DISTAL BICEPS TENDON REPAIR REHAB PROTOCOL

0 - 10 DAYS

Sling for comfort for 2-3 days; no need to wear at home
Wrist ROM: use muscles to gently roll wrist so that the hand is facing up; do not use pressure, just allow the wrist to roll as much as it allows; you may assist-roll wrist palm UP (supination) as much as you would like pushing on wrist bones, not the hand. You may use the muscles to pronate (palm DOWN) Do not ASSIST pronation (this pulls on the repaired tendon). You should have 2/3 of your PRONATION (palm DOWN) by 2 weeks post-op

10 DAYS - 6 WKS

You may actively ASSIST in bending your arm (FLEXION)
You may actively straighten your arm without assistance (EXTENSION)
If you are having trouble gaining motion in extension, you may assist with *fingertip pressure* only
Pronate (palm DOWN) actively
Supinate (palm UP) passively (push on wrist bones)
NO ACTIVE stretching or strengthening for 6 weeks

6 WEEKS – 3 MONTHS

May begin Active/Active Assisted Range of Motion(ROM)
Gentle arm strengthening (1-3 pounds); may gradually increase UP TO 5 pounds per week as tolerated

3 MONTHS May begin full capacity strengthening activities

6 MONTHS Return to normal activity