

BICEPS TENDON REPAIR (ELBOW)

Phase I- Protective Phase (0- 6 Weeks Post-op)

Goals:

- Gradual return to full ROM to protect repair
- Decrease pain

0 –7 Days Post-op:

- 90° posterior splint for protection and comfort (6 weeks)
- Wrist ROM exercises, hand gripping
- PROM as follows:
 - Flexion to tolerance
 - Supination to tolerance
 - Extension limited to –45 degrees of full extension
 - Pronation limited from neutral to full supination with elbow extension
 - Pronation limited to 45° at 90° of elbow flexion

7- 14 Days Post-op:

- Apply functional brace set at 30°– 90° (BRACE LOCKED AT 90 DEGREES WHEN IN PUBLIC) (Add 10° – 15° per week progressing to full range of motion.
- Initiate active elbow flexion and extension within brace limits
- Initiate elbow isometrics (extension, pronation,)
- Initiate shoulder isometrics (flexion, abduction, ER, IR)

2 – 6 Weeks Post-op:

- D/C Splint at 6 weeks
- Wrist ROM exercises, hand gripping
- PROM as follows:
 - Progress to full flexion
 - Progress to full supination
 - Gradually progress to full extension (approx. 10-15° per week)
 - Gradually progress to full pronation
- Initiate isometric scapular exercises (retractions, shrugs)

Phase II – Intermediate Phase (6 - 12 Weeks Post-op)

Goals:

- Full, non-painful ROM
- Begin strengthening program
- Increase functional activities; decrease residual pain



Home to the Texas Rangers

6 –12 Weeks Post-op:

- AROM for biceps
- Initiate upper body cycle ergometer
- Strengthening:
 - Week 6 Initiate limb weight elbow curl 3x10. Progress 1 lb. per week until 12 weeks post-op
 - Advance scapular and shoulder program with biceps precautions

Phase III – Advanced Strengthening Phase (12 Weeks Post-op)

Goals:

- Maintain full, non-painful ROM
- Improve elbow strength
- Improve neuromuscular control
- Gradual return to functional activities

12 – 20 Weeks Post-op:

- Continue above program as tolerated
- Strengthening:
 - Progressive isotonic program for shoulder, elbow and scapular muscles
 - General conditioning program (bench press/lat pulls, etc. with precautions)
 - Begin isokinetics
- Begin UE Plyometric program 14 weeks post-op
- Initiate interval sport programs 16+ weeks (when strength is satisfactory)

Phase IV – Return to Activity Phase (20 Weeks Post-op)

Goals:

- Gradual return to sport activities
- Continue general strengthening program

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program