

Jeremy Woodson, MD
Board Certified Orthopedic Surgeon

Phone: 405-230-9540 • Appointments: 405-230-9270 • Fax: 405-230-9541

www.jeremywoodsonmd.com

WOODSON DISTAL BICEP REPAIR REHAB PROTOCOL

General Info:

This is a list of general guidelines for a distal biceps repair rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Weeks 0-2: Phase I

- ROM: None
- Splint: Neutral
- Therapeutic Exercise: Gentle shoulder ROM

Post-Op Weeks 2-4: Phase II

- ROM: None except in therapy
- Splint: Worn at all times, locked in 90° except in therapy
- Therapeutic Exercise: PROM for flexion and supination (with elbow at 90), assisted ROM for extension and pronation (at 90)

Post-Op Weeks 4-6: Phase III

- ROM: Active extension to 45° in brace
- Splint: Worn at all times, 45° to full flexion, remove for hygiene
- Therapeutic Exercise: Begin AAROM for flexion and progress to active, continue AAROM for extension and progress to passive extension

Post-Op Weeks 6-8: Phase IV

- ROM: Active extension to 10° in brace
- Splint: Worn at all times, 10° to full flexion, remove for hygiene
- Therapeutic Exercise: Active motion as tolerated, may begin combined motions (extension with pronation), sub max pain free biceps isometrics in neutral

Post-Op Weeks 8-10: Phase V

- ROM: Gently advance to tolerance
- Splint: None if adequate motor control
- Therapeutic Exercise: progressive strengthening program- 5lbs x 3 sets of 10 every other day

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Post-Op Weeks 10-12: Phase VI

- ROM: Gently advance to tolerance
- Splint: None
- Therapeutic Exercise: 10lbs x 3 sets of 10 every other day

Post-Op Weeks 12-20: Phase VII

- ROM: Full and pain free
- Splint: None
- Therapeutic Exercise: May add five pounds a week if pain free, may begin light upper extremity weight training

Post-Op Weeks 20-beyond: Phase VIII

- ROM: Full and pain free
- Splint: None
- Therapeutic Exercise: Return to full activity

Criteria for return to sports and previous activities:

- Adequate strength, flexibility, and endurance
- Monitored pain, swelling, or stiffness
- Satisfactory clinical examination