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## Rehabilitation Protocol:

# Biceps Tendon Repair - Delayed

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISES
<b>PHASE I</b> 0 – 2 weeks	None	Postoperative splint transitioned to hinged brace locked at 90, may wean sling at 1-2 weeks	Wrist, hand ROM
<b>PHASE II</b> 2 – 6 weeks	Active/assisted extension with gentle progression to 45 degrees flexion at 6 weeks	Worn at all times including therapy (remove for hygiene), brace progressively unlocked from 45 to full flexion	PROM for flexion and supination in brace, AAROM for extension and pronation in brace, pronosupination at 90 degrees flexion
<b>PHASE III</b> 6 – 8 weeks	Active flexion and extension to 10 in brace	Worn at all times including therapy (remove for hygiene), brace locked from 10 to full flexion	As above, may begin combined motions  Pain free biceps light isometrics in neutral
<b>PHASE IV</b> 8 – 12 weeks	Advance to tolerance	Discontinue brace	Begin elbow flexion and extension exercises against gravity
<b>PHASE V</b> 12 – 16 weeks	Full and pain free	Discontinue	Progressive strengthening program for elbow flexion
<b>PHASE VI</b> 4 – 6 months	Full and pain free	None	Advance strengthening, add five pounds a week
<b>PHASE VII</b> >6 months	Full and pain free	None	Continue strengthening, sport specific training, gradual return to full activity as tolerated