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Rehabilitation Protocol:

Biceps Tendon Repair - Standard

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISES
PHASE I 0 – 1 weeks	None	Postoperative splint intact, may wean sling at one week	Shoulder, wrist, hand ROM
PHASE II 1 – 3 weeks	Active extension to 40 passive flexion	Worn at all times including therapy (remove for hygiene), brace locked from 40 to full flexion	PROM for flexion and supination in brace, AAROM for extension and pronation in brace, pronosupination at 90 degrees flexion
PHASE III 3 – 5 weeks	Active extension to 20 assisted flexion	Worn at all times including therapy (remove for hygiene), brace locked from 20 to full flexion	As above Continue AROM for extension to 20 degrees, gently progress to passive extension
5 – 6 weeks	Active flexion and extension to 10 in brace	Worn at all times including therapy (remove for hygiene), brace locked from 20 to full flexion	As above, may begin combined motions Pain free biceps light isometrics in neutral
PHASE IV 6 – 10 weeks	Gently advance to tolerance	Discontinue brace	Progressive strengthening program—5 lbs x 3 sets of 10 every other day
PHASE V 10 – 12 weeks	Gently advance to tolerance	None	Continue strengthening program—10 lbs x 3 sets of 10 every other day
PHASE VI 3 – 4 months	Full and pain free	None	May add five pounds a week if pain free, may begin light upper extremity weight training
PHASE VII >5 months	Full and pain free	None	Return to full activity



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