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## Rehabilitation Program for Distal Biceps Repair

### Phase I (week 1)

Posterior splint at 90 degrees of elbow flexion  
Wrist and hand gripping exercises

### Phase II (week 2–6)

Elbow ROM brace

- Week 2 @ 45–100
- Week 4 @ 30–115
- Week 6 @ 15–130

Shoulder exercises (rotator cuff)  
Scapular strengthening  
Wrist extensors and flexors  
No active elbow flexion or supination  
Gripping exercises  
Week 5–6, isometric triceps exercises

### Phase III (week 6–10)

Elbow ROM

- Discontinue brace week 8 (0-145)

Week 8 begin

- Light isotonic triceps
- Isotonic wrist flexors/extensors
- Shoulder isotonic
- Continue rotator cuff and scapular exercises
- Progress weight 1 lb. per week

### Phase IV (week 10-16)

Biceps isometrics @ week 12  
Continue flexibility exercises  
ROM/stretching exercises  
Week 10–12, initiate UBE

### Phase V (week 16–26)

Light biceps isotonic (week 16)  
Plyometrics

- Two-handed @ week 16
- Progress to one-handed at week 20-22

### Phase VI (week 26 and beyond)

Return to activity (sport specific training)