

DISTAL BICEPS REPAIR REHABILITATION PROTOCOL

Weeks 0-4:

- Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion with wrist free.
- Dressing changed at 7-10 days after surgery
- Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

Weeks 4-6:

- Brace adjusted to 30 degrees extension, may begin active assisted flexion to 90 degrees in brace

Weeks 6-8:

- Discontinue the use of the Bledsoe Brace
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated
- Begin muscle strengthening exercises for wrist and forearm

Months 2-3:

- May begin elbow strengthening