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Biceps Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Decrease inflammation ● Protect wound 	<p><u>Keep splint clean and dry</u> until follow-up</p> <p>Should use sling when up</p>	<ul style="list-style-type: none"> ● No elbow ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice packs on top of splint 	<ul style="list-style-type: none"> ● Hand/wrist ROM ● Finger abduction exercises
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect repair ● Initiate ROM 	<p>Hinged elbow brace:</p> <ul style="list-style-type: none"> - Limit 90 degrees of flexion - Increase ROM per stepped increase every week 	<ul style="list-style-type: none"> ● Per elbow brace protocol <p>Week 2: 90 to full flexion Week 3: 60 to full flexion Week 4: 30 to full flexion Week 5: 20 to full flexion Week 6: 0 to full flexion</p> <p>Modalities:</p> <ul style="list-style-type: none"> ● Scar massage ● Gentle biceps muscle belly massage ● Edema control 	<ul style="list-style-type: none"> ● Hand/wrist ROM ● Forearm exercises (pronation/supination with elbow at 90 degrees) starting week 3 ● Elbow ROM within limits in gravity eliminated plane starting week 4 ● Progress to elbow flexion against gravity in brace starting week 5 ● Progress to full flexion/extension against gravity in brace with forearm supported week 6

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<p>Phase 3 (7-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect Repair ● Pain free ADLs ● Initiate resistance activities ● Scapulothoracic endurance 	<p>May wean brace</p> <p>Non-weightbearing upper extremity until week 8</p>	<ul style="list-style-type: none"> ● Work on establishing Full A/PROM ● Begin combine composite motions (e.g. extension with pronation) <p>Manual:</p> <ul style="list-style-type: none"> ● Retrograde massage ● Scar massage <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/heat prn 	<ul style="list-style-type: none"> ● Gradual weightbearing with elbow flexed week 8 ● Progress to weightbearing with elbow extended week 10 ● Wall pushups ● Progress to modified forearm planks ● Scapulothoracic endurance: scap slides, serratus wall slides, seated scap retraction, wall scap retraction with elbows extended ● Grip strength work
<p>Phase 4 (11+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Increase functional strength ● Initiate formal 		<ul style="list-style-type: none"> ● Full A/PROM ● Continue combined/composite motions ● Proper mechanics in elbow, shoulder, wrist 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Cardio ● Submaximal isometrics (elbow flexors, extensors, pronators, supinators) ● Progress to isotonic (weighted bicep work, resisted triceps, pronation/supination) ● Shoulder strengthening progression (advance to with elbows extended) ● Prone I's, Y's, T's; rows; resisted ER/IR; quadruped stability ● Once strong and stable, can progress to very limited sport specific movements
<p>Return to sport (~6 months post op)</p>			<ul style="list-style-type: none"> ● Focus on progression of sport specific movements ● Graded participation in practice ● Full clearance pending discussion with surgeon