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REHABILITATION GUIDELINES FOR DISTAL BICEP REPAIR

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Phase 1- Protection Phase (Weeks 0-8) Weeks 0-2

Immobilization for 2 weeks

Pendulum exercises Ice

Ice and pain modalities

Hand gripping exercises

Submaximal Isometric

Triceps

shoulder rotators

Weeks 2-4

Increase extension in brace 10 deg per week for full extension by week 8; no strengthening

Passive Pronation to neutral only/Full Supination

Active ROM elbow flexion

Gentle Passive elbow extension

Wrist strengthening

Grip Strengthening

Core

Postural Exercises

Weeks 4-8

Submaximal isometric progressing to isotonic biceps exercises (neutral grip)

Triceps isotonic to 10° from Max extension

Gentle (pain-free) passive ROM Sup/Pron

Pulleys

UBE for AAROM

Rhythmic Stabilization Flex/Ext & Sup/Pron

Isometric Sup/Pron

Phase 2- Intermediate Phase (Weeks 8-12)

Submaximal isotonic Sup/Pron

Progression to strengthening with the shoulder in adduction

Joint mobilizations

Restoration of full range of motion (12 weeks)

Strengthening of upper body musculature with neutral grip

Biceps curls three ways (Sup/Neutral/Pron)

Use of Dumbbells may be better than barbell

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Phase 3- Advanced Strengthening Phase (Weeks >12)

Strengthening of Sup/Pron (hammer, golf club, pole)

Move to strengthening with supinated grip

Closed chain exercises

PNF resistance patterns

Isokinetics

Plyometrics

Return to sport at 4 months (Earliest)

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