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BICEPS TENDON REPAIR REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | THERAPEUTIC EXERCISE |
|---|--|--|--|
| PHASE I 0 - 3 weeks | None | Locked in neutral - worn at all times | Gentle wrist and shoulder ROM |
| PHASE II 3 - 6 weeks | 30 degrees to 60 degrees in brace, very gradual progression of extension | Worn at all times (including exercise) - removed for hygiene | Continue with wrist and shoulder ROM, begin active extension to 30°, NO active flexion, gentle joint mobilizations |
| PHASE III 6 - 9 weeks | Active extension to 0 in brace | Worn at all times (including exercise) - removed for hygiene | Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension in brace |
| PHASE IV 9 - 12 weeks | Gently advance ROM to tolerance | None | Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM |
| PHASE V 12 weeks - 6 months | Gradual return to full and pain-free | None | Begin gentle flexion strengthening, advance activities in phase IV |
| PHASE VI 6 months and beyond | Full and pain-free | None | Return to full activity |