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CHRONIC BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 3 weeks	None	Locked in neutral - worn at all times (Switch to ROM brace at 3 weeks)	Gentle wrist and shoulder ROM
PHASE II 3 - 6 weeks	60 to 120 degrees in brace, very gradual progression of extension, only as tolerated	Worn at all times (including exercise) - removed for hygiene	Continue with wrist and shoulder ROM, begin active extension to 60 (if tolerated), NO active flexion
PHASE III 6 - 9 weeks	Active extension to 30 if in brace and tolerated	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 with goal of full	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