

## Biceps Tendon Repair

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

### Phase I: 0 - 6 weeks

#### Goals for Phase I:

1. Normal ROM of uninvolved joints
  2. Protect tendon repair
  3. Control Pain and swelling
- A. Orthotics: Patient is immobilized in IROM at 90° for 2 weeks. At 2 weeks allowed 60° to 90° of motion in IROM. Progress IROM ROM 10° per week into extension and flexion. Needs to wear brace 23 of 24 hours per day
  - B. ROM: Work to restore full range of motion at wrist/fingers/shoulder
  - C. Strengthening: Strengthening activities for hand/wrist/shoulder as needed (no resisted supination).
  - D. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, emphasize desensitization
  - E. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

### Phase II: Post-operatively 6 - 12 weeks

#### Goals for Phase II:

1. Full elbow ROM
  2. Functional arm/hand strength
  3. Perform ADLs with minimal difficulty (without splint)
- A. Orthotics: Progressively decrease use of IROM
  - B. ROM: Begin with AROM of elbow, progress to PROM/stretching as tolerated (per physicians orders)
  - C. Strengthening: Begin with elbow isometrics and progress w/ low intensity PREs: (supination and bicep curls). Aggressive tricep and wrist strengthening.
  - D. Functional activities: Use arm for ADL's as tolerated
  - E. Soft tissue management: Continue scar massage, desensitization etc. as needed
  - F. Modalities: Continue as needed

### Phase III: 12 – 16 weeks

#### Goals for Phase III:

1. Normal elbow ROM
  2. Good arm/hand strength
  3. Perform ADL's without difficulty
  4. Begin sports/job related skills
- A. ROM: continue as needed
  - B. Strengthening: Aggressive PRE's, free weights, nautilus equipment
  - C. Functional activities: More specific job/sports activities (throwing, lifting etc)

### Phase IV: 16 weeks to release

#### Goals for Phase IV:

1. Normal strength
  2. Return to normal job/sports activities
- A. Continue strengthening, conditioning, and functional activities as needed