



## BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
<b>PHASE I</b> <b>0 - 3 weeks</b>	None	Locked in neutral - worn at all times	Gentle wrist and shoulder ROM
<b>PHASE II</b> <b>3 - 6 weeks</b>	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°, <b>NO</b> active flexion, gentle joint mobilizations
<b>PHASE III</b> <b>6 - 9 weeks</b>	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
<b>PHASE IV</b> <b>9 - 12 weeks</b>	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM
<b>PHASE V</b> <b>12 weeks - 6 months</b>	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
<b>PHASE VI</b> <b>6 months and beyond</b>	Full and pain-free	None	Return to full activity