

DISTAL BICEPS TENDON REPAIR

Dr. Mark McCarthy
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Patient _____
 DOS _____

	POW 0-3	POW 3-6	POW 6-9	POW 9-12	POW 12 – 6 months	6 Months+
ROM	None	Active Extension to 30° in brace	Active Extension to 0° in brace	Gently advance as tolerated	Gradual return to full and pain-free	Full and pain-free
Sling	Locked in neutral, worn at all times	Worn at all times (including exercises), adjusted progressively by MD Remove for hygiene		None		
Exercises	Gentle wrist, hand and shoulder ROM	Continue wrist, hand and shoulder ROM Active extension to 30° in brace Gentle joint mobilizations Gripping exercises *No active elbow flexion	Continue to maintain wrist, hand and shoulder flexibility Begin rotator cuff and deltoid isometrics Progress active extension in brace Isotonics for: Wrist Extensors Wrist Flexors Triceps	Begin active elbow flexion and extension against gravity Progress rotator cuff strengthening UBE	Begin gentle elbow strengthening Biceps isometrics to isotonics	Return to full activity Plyometrics Sport specific activities

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Any Questions? Please contact:
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 Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060