

Bicep repair protocol

Post-operative therapy protocol

Phase 1 (0-2 weeks): Goals: Protect the repair.

Restrictions:

-Posterior Arm Splint x2 weeks -Begin PT/OT at 2 weeks -NO lifting more than 3lbs -NO active wrist supination or pronation

Therapy may remove post op dressings, or you will be seen following your first post-operative appointment with the physician. Sutures are usually removed within this period of time.

Orthosis or Brace:

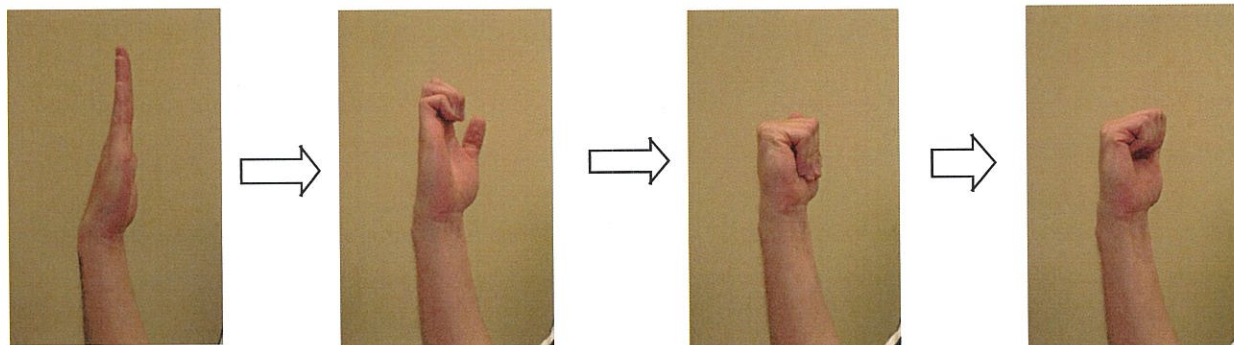
You will either be fabricated a long arm posterior elbow splint by your therapist or you may fit you with a hinged elbow brace depending on physician and repair technique used. This brace can be worn at night, as well as with activities during the day to provide support and protection. The brace should be locked in a comfortable position during activities to minimize tendencies to use the repaired arm for lifting/loading.



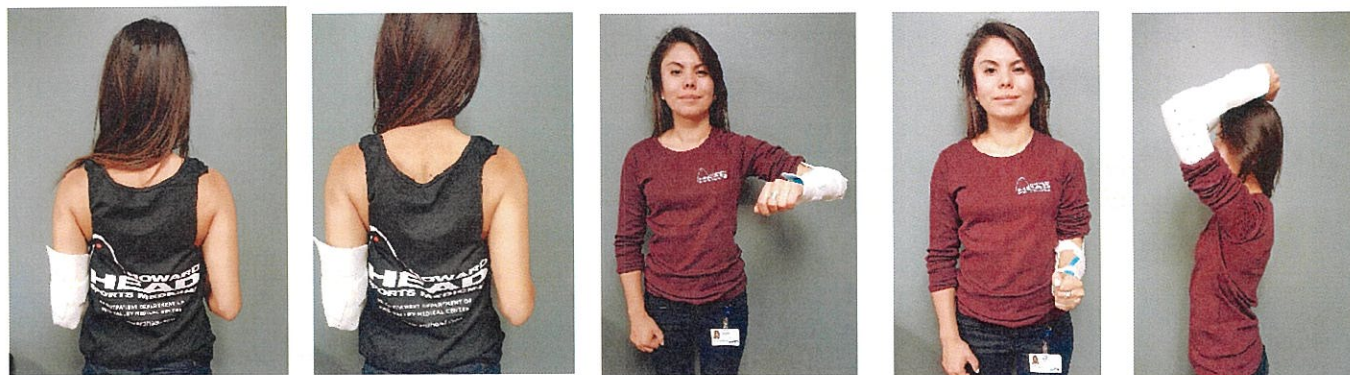
Therapeutic Exercises:

-Unrestricted hand, and finger range of motion -Shoulder range of motion, avoid external rotation -Neck range of motion and stretching -Sub-maximal pain free isometrics for triceps and shoulder musculature

Tendon gliding exercises: perform in a sequence starting with fingers straight, moving into the hook fist position, then to the straight fist, and then full fist. Repeat as instructed by your therapist.



Shoulder range of motion, avoid external rotation.



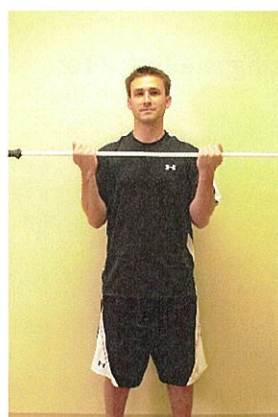
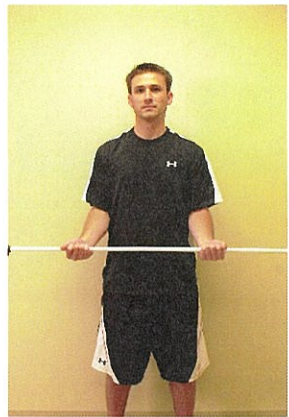
-Passive elbow range of motion 60 degrees to full flexion, after 4 weeks follow range of motion guidelines above for progression of home exercises.



Weeks 4-6: Initiate active-assisted ROM elbow flexion, starting at 50 degrees to full elbow flexion.

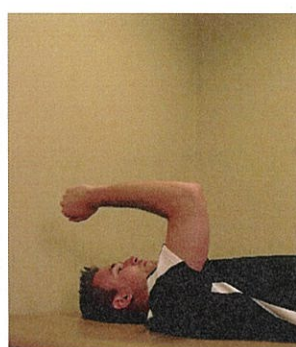
Continue assisted extension and progress to passive extension ROM, follow range of motion guidelines above for progression of home exercises:

- Week 4: 50 degrees to full elbow flexion
- Week 5: 40 degrees to full elbow flexion
- Week 6: 30 degrees to full elbow flexion



Week 6-8: Active ROM elbow flexion and extension

- Week 6: 30 degrees to full elbow flexion
- Week 7: 20 degrees to full elbow flexion
- Week 8: 10 degrees to full elbow flexion



Phase 2: Weeks 2-10 Goals: Protect the repair, range of motion, retard muscle atrophy, minimize pain

Restrictions:

-Hinged elbow brace to be always worn except hygiene, PT, and dressing -To begin, brace set from 60 degrees to full flexion -No lifting more than 3lbs until 6 weeks s/p



The hinged elbow brace should block the arm from progressing past ____ degrees extension initially. Starting at 4 weeks post op advancement of 10 degrees per week until full extension is obtained.

After week 4, follow this ROM progression for setting the brace to:

- Week 4: 50 degrees to full elbow flexion
- Week 5: 40 degrees to full elbow flexion
- Week 6: 30 degrees to full elbow flexion
- Week 7: 20 degrees to full elbow flexion
- Week 8: 10 degrees to full elbow flexion
- Weeks 9-10: Full ROM of elbow in brace

Phase 2: Therapeutic Exercises: 2-4 weeks

-Passive wrist supination and pronation, NO active supination or pronation

