**Distal Biceps tendon repair post op protocol**

**ROM Programme:**

**Week 0-2**

* Keep immobilised in the sling / Plaster to allow for wound healing

**Weeks 2-3**

• Passive ROM for elbow flexion and supination (with elbow at 90°)

• Assisted ROM for elbow extension and pronation (with elbow at 90°)

• Shoulder ROM as needed based on evaluation, avoiding excessive extension.

**Weeks 3-4**

• Initiate active-assisted ROM elbow flexion

• Continue assisted extension and progress to passive extension ROM

Week 4

• Active ROM elbow flexion and extension

**Weeks 6-8**

• Continue program as above

• May begin combined/composite motions (i.e. extension with pronation).

• If at 8 weeks post-op the patient has significant ROM deficits therapist may

consider more aggressive management, after consultation with referring

surgeon, to regain ROM.

**Strengthening Program**

* Week 1

Sub-maximal pain free isometrics for triceps and shoulder musculature.

* Week 2

Sub-maximal pain free biceps isometrics with forearm in neutral.

* Week 3-4

 Single plane active ROM elbow flexion, extension, supination, and pronation.

* Week 8

Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation.

Progress shoulder strengthening program

* Weeks 12-14

 May initiate light upper extremity weight training.

Non-athletes initiate endurance program that simulates desired work activities/requirements.