

Biceps Tendon Repair Rehabilitation Protocol

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase I 0-3 weeks	None	Locked in neutral-worn at all times	Gentle wrist and shoulder ROM
Phase II 3-6 weeks	Active extension to 30'	No brace	Continue with wrist and shoulder ROM, begin active extension to 30 degrees. No active flexion, gentle joint mobilizations
Phase III 6-9 weeks	Active extension to 0 degrees	No brace	Continue to maintain wrist and shoulder flexibility, begin rotator cuff / deltoid isometrics, progress active extension in brace
Phase IV 9-12 weeks	Gently advance ROM to tolerance	No brace	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM
Phase V 12-6 months	Gradual return to full ROM pain free		Begin gentle flexion strengthening, advance in phase IV
Phase VI	Full ROM and pain free		Return to full activity