

KNEEbraska
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BICEPS TENDON REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISE
PHASE I 0-3 WEEKS	NONE	WORN AT ALL TIMES, LOCKED IN NEUTRAL	GENTLE WRIST AND SHOULDER ROM
PHASE II 3-6 WEEKS	AROM EXTENSION TO 30 DEGREES IN BRACE	WORN AT ALL TIMES (INCLUDING EXERCISE)-MAY REMOVE FOR HYGIENE ONLY	CONTINUE WITH WRIST AND SHOULDER ROM. BEGIN AROM EXTENSION TO 30 DEGREES. NO ACTIVE FLEXION. GENTLE JOINT MOBILIZATIONS
PHASE III 6-9 WEEKS	AROM TO 0 DEGREES IN BRACE	WORN AT ALL TIMES (INCLUDING EXERCISE)-MAY REMOVE FOR HYGIENE ONLY	CONTINUE WITH WRIST AND SHOULDER FLEXIBILITY. MAY BEGIN RTC/DELTOID ISOMETRICS. PROGRESS AROM EXTENSION IN BRACE
PHASE IV 9-12 WEEKS	ADVANCE AROM TO TOLERANCE(GENTLE)	NONE	BEGIN AROM FLEXION AND EXTENSION AGAINST GRAVITY. PHASE III EXERCISES CAN ADVANCE TO RESISTIVE.MAINTAIN FLEXIBILITY ROM.
PHASE V 12 WEEKS – 6 MONTHS	GRADUAL RETURN TO FULL ROM, PAINFREE	NONE	BEGIN GENTLE FLEXION STRENGTH WORK, ADVANCE ALL PHASE IV ACTIVITIES
PHASE VI 6+ MONTHS	FULL AND PAINFREE ROM	NONE	RETURN TO FULL ACTIVITY