

KNEEbraska

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**BICEPS TENDON REPAIR REHABILITATION PROTOCOL**

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>EXERCISE</b>
<b>PHASE I 0-3 WEEKS</b>	NONE	WORN AT ALL TIMES, LOCKED IN NEUTRAL	GENTLE WRIST AND SHOULDER ROM
<b>PHASE II 3-6 WEEKS</b>	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. <b>NO ACTIVE FLEXION.</b> GENTLE JOINT MOBILIZATIONS
<b>PHASE III 6-9 WEEKS</b>	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
<b>PHASE IV 9-12 WEEKS</b>	ADVANCE AROM TO TOLERANCE(GENTLE)	NONE	BEGIN AROM FLEXION AND EXTENSION AGAINST GRAVITY. PHASE III EXERCISES CAN ADVANCE TO RESISTIVE.MAINTAIN FLEXIBILITY ROM.
<b>PHASE V 12 WEEKS – 6 MONTHS</b>	GRADUAL RETURN TO FULL ROM, PAINFREE	NONE	BEGIN GENTLE FLEXION STRENGTH WORK, ADVANCE ALL PHASE IV ACTIVITIES
<b>PHASE VI 6+ MONTHS</b>	FULL AND PAINFREE ROM	NONE	RETURN TO FULL ACTIVITY