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Complex Knee, Shoulder and
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Distal Biceps Tendon Repair Rehab Protocol

First 7 – 10 days

- Immobilization in Splint with Elbow at 90° of flexion
- Encourage digital , shoulder ROM
- Elevation
- Pain Control

Phase 1 (1 week to 6 weeks)

- Elbow immobilized in flexion-assisted Bledsoe brace with extension stop at 30°
- Gentle supervised passive ROM (active extension) from 30° to 150°
- Passive supination / pronation with elbow at 90° flexion
- Digital / Wrist ROM encouraged
- Edema control
- May initiate gentle biceps isometrics at 4 weeks

Phase 2 (6 weeks to 12 weeks)

- Discontinue Elbow brace
- Unrestricted active and passive ROM and supination/pronation
- Light strengthening – Avoid Eccentric Contractions

Phase 3 (12 weeks – 6months)

- Continue with Strengthening protocol
- Clearance for full unrestricted activity between 4 – 6 months at discretion of surgeon