

## Plymouth Distal Biceps Repair Rehabilitation Protocol

Phase	<b>1. Protection &amp; Education</b>
Time Frame	0 to 6 weeks post procedure
Key Goals	<ul style="list-style-type: none"> <li>• Protection of surgical repair</li> <li>• Minimise pain &amp; inflammation</li> <li>• Ensure patient understanding of appropriate post-operative management and restrictions</li> <li>• Regain ROM</li> </ul>
Avoid	<ul style="list-style-type: none"> <li>• Avoid sudden loading/ unplanned movements</li> <li>• Avoid weight bearing through the operated arm</li> <li>• Avoid lifting more than the weight of a cup/glass for the first 2 weeks</li> <li>• Avoid heavy lifting</li> <li>• Avoid the use of overpressure</li> </ul>
Interventions	<ul style="list-style-type: none"> <li>• <b>Educate patient</b> in relation to timescales, precautions and sling management</li> <li>• Introduce <b>Active Range of Movement (AROM)</b> elbow, wrist and hand exercises <b>from day 1</b>. Elbow can be removed from the sling to perform <b>pain free AROM</b> elbow exercises <b>from day 1</b>.</li> <li>• AROM elbow exercises in all directions to point of mild stretch <b>from 2 weeks. DO NOT FORCE MOVEMENT.</b></li> </ul>
Notes	<b>Sling:</b> Sling to be worn for comfort and to protect the repair for 6 weeks. Sling can be removed for hygiene purposes and to exercise.

Phase	<b>2. Strengthening</b>
Time Frame	From 6 weeks post procedure
Criteria to commence stage	<ul style="list-style-type: none"> <li>• Full pain free AROM</li> </ul>
Key Goals	<ul style="list-style-type: none"> <li>• Achieve full pain free elbow ROM</li> <li>• Begin to increase strength</li> <li>• Ensure patient has maintained shoulder, hand, wrist ROM</li> </ul>
Avoid	<ul style="list-style-type: none"> <li>• Avoid heavy lifting</li> <li>• Avoid sudden unplanned movements</li> <li>• Avoid forcing any movement</li> </ul>
Interventions	<ul style="list-style-type: none"> <li>• Introduce <b>biceps resistance training/ strengthening exercises</b>. Gradually increase resistance ensuring progress remains pain free with good quality movement.</li> <li>• Continue <b>AROM elbow exercises</b></li> </ul>
Notes	<ul style="list-style-type: none"> <li>• Patient can consider return to functional activities and sedentary work</li> </ul>

Phase	<b>3. Endurance &amp; Function</b>
Time Frame	From 12 weeks post procedure
Criteria to commence stage	<ul style="list-style-type: none"> <li>• Full pain free AROM</li> </ul>
Key Goals	<ul style="list-style-type: none"> <li>• Restore function</li> <li>• Regain function specific strength and endurance</li> </ul>
Avoid	<ul style="list-style-type: none"> <li>• Any activity that causes pain</li> </ul>
Interventions	<ul style="list-style-type: none"> <li>• Progress strengthening exercises as comfort permits to allow return to full function</li> </ul>
Notes	<ul style="list-style-type: none"> <li>• Patients can consider return to manual work</li> <li>• Patients can consider return to non-contact sport</li> <li>• Avoid contact sport for 6 months</li> </ul>