

DISTAL BICEPS TENDOR REPAIR

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase I 0-3 weeks	Active extension to 60° in brace increase by 10° every week	Locked in neutral Worn at all times	Gentle wrist and shoulder ROM
Phase II 3-6 weeks	Unlock brace as above with goal of full extension at 6 weeks	Worn at all times (including exercise) Removed for hygiene	Continue with wrist and shoulder ROM. Begin active extension to 30°. NO active flexion, gentle joint mobilizations
Phase III 6-9 weeks	Active extension to 0 in brace	Worn at all times (including exercise) Removed for hygiene	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	None	Begin active flexion & extension against gravity. Advance strengthening in Phase III to resistive. Maintain flexibility/ROM
Phase V 12 weeks	Gradual return to full and pain-free	None	Begin gentle flexion strengthening
Phase VI 6 months & beyond	Full and pain-free	None	Return to full activity