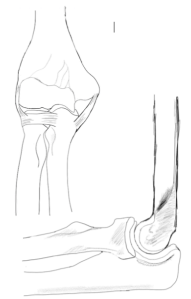


MATTHEW J. DUBIEL M.D.
SHOULDER AND ELBOW SURGERY



DISTAL BICEPS REPAIR

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE 1 0-3 weeks	None	Locked in neutral - worn at all times	Gentle wrist and shoulder ROM
PHASE 2 3-6 weeks	Active extension to 30 in brace	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 3 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 4 9-12 weeks	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ ROM
PHASE 5 12-6 months	Gradual return to full and pain free	None	Begin gentle flexion strengthening, advance activities in phase IV
PHASE 6 6 months and beyond	Full and pain free	None	Return to full activity