

DISTAL BICEPS TENDON REPAIR- Endobutton REHABILITATION PROTOCOL

	RANGE OF MOTION	Posterior Splint	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	Begin active/passive flex and active extension Begin A/P pronation and sup in splint 8 times per day	Remain in splint and sling	Gentle wrist and shoulder ROM
PHASE II 2 - 6 weeks	Active extension to 30 deg in splint Cont A/P flex, Pron/Sup	Brace at 3 weeks from 30-90	Continue with wrist and shoulder ROM, active flexion, gentle joint mobilizations
PHASE III 6 - 9 weeks	Active extension to 0 deg Active Flex, Sup, Pron may begin passive exten.	open brace as PT progresses	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active extension Begin active flexion and extension against gravity
PHASE IV 9 - 12 weeks	Continue to advance ROM to tolerance	None	Advance strengthening in phase III to resistive, maintain flexibility/ROM, begin strengthening with theraband
PHASE V 12 weeks - 6 months	Gradual return to full and pain-free	None	Begin gentle flexion strengthening, advance activities in phase IV
PHASE VI 6 months and beyond	Full and pain-free	None	Return to full activity