

DISTAL BICEPS TENDON (CHRONIC) RECONSTRUCTION WITH ALLOGRAFT PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- Remain in splint at all times
- Keep splint clean and dry

____ Weeks 2-6:

- Sling use at all times when not performing exercises with therapy or at home
- Begin PROM exercises with goal of full extension by 6 weeks
- Strict non-weight bearing and no resistance

____ Weeks 6-8:

- ROM exercises unrestricted with goal of full extension by 6 weeks
- Transition to PROM → AAROM → AROM as tolerated
- May progress to very light resistance only for activities of daily living (i.e. lifting cup of coffee)
- Otherwise no resistance exercises with therapy

____ Weeks 8-12

- Continue exercises as above
- May begin light (5 lbs or less) resistance training for elbow flexion and supination

____ Weeks 12+:

- Continue gradual elbow flexion/supination strengthening program as tolerated without restrictions

Signature _____

Date: _____