

## Rehabilitation Program Following Proximal Biceps Tendon Repair

**Precaution:** Shoulder Brace: wear for daily activities & sleeping for 4 weeks

**Goal:** Range of motion

### **Week 1-2**

- Shoulder PROM flexion approx. 90° initially then gradually increase during first 2 weeks
- Shoulder PROM ER/IR @ 45° ABD to tolerance (caution w/ excessive ER)
- Elbow PROM initially 20°- 90 then gradually increase
- Elbow PROM week 2: 10° - 125°

**Week 3-4:** shoulder PROM full flexion

- Initiate shoulder ER/IR @ 90° ABD (gradually increase)

### **Week 4:**

- shoulder ER to 65°
- IR to 50°

**Week 5-6:** shoulder PROM:

- ER/IR full PROM @ week 6
- Able to initiate **gentle** horizontal ABD PROM
- Able to initiate **gentle** shoulder extension PROM @ week 6

### **Strengthening exercises**

- No biceps brachii contractions for 4–6 weeks
- No active shoulder flexion for 4-6 weeks

### **Week 1-2:**

- **Sub-maximal, pain-free** isometrics for shoulder musculature
- No isometric contractions for shoulder flexion or elbow flexion

### **Week 3-4:**

- Initiate T-band ER/IR @ 0° ABD
    - Initiate scapular strengthening exercises (no prone horizontal ABD)
- ALL EXERCISES W/ ELBOW @ 90°**

### **Week 5-6:**

- Initiate active shoulder scaption to 90° (full cans)
- Initiate active shoulder ABD to 90° (no weight)
- Initiate isometric biceps week 6-8

**Week 8-12:**

- Initiate light resistance PRE strengthening program

**Week 12-16:**

- Progress strengthening program
- Gradually increase resistance

**Week 16:**

- Gradual progression to normal activities