

Brace-Elbow ROM Progression/Guidelines

| WEEKS | Extension | Flexion |
|-------|---------------|---------------|
| 0-2 | 90 | 90 |
| 3 | 60 | 110 |
| 4 | 45 | 130 |
| 5 | 30 | 140 |
| 6 | 15 | 145 |
| 7 | 5 | Maintain Full |
| 8 | 0 | Maintain Full |
| 9+ | Maintain Full | Maintain Full |

Biceps Repair Protocol for Mid Belly Tear

PHASE I – POST-OPERATIVE PHASE (0-2 weeks)

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| Goals | Protect tissue healing of repaired tissue Decrease pain and inflammation Establish baseline ROM within limitations |
| Modalities: | Ice/IFC for swelling and pain control |
| Exercises | None until end of week 2 |
| Brace | Locked at 90 degrees of elbow flexion |

PHASE II – EARLY REHABILITATION PHASE (3-6 weeks)

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| Goals | Gradual increase ROM Promote tissue healing Retard muscle atrophy |
| Weeks 3-4 | Begin PROM knee extension from 90 degrees flexion to 60 Isometric triceps and active gripping exercise initiated Brace unlocked at 60-90 degrees elbow flexion Forearm flexion-extension AROM |
| Week 5 | PROM of elbow extension from 60 degrees flexion gradually to 30 degrees in increments of 15 degrees per week |
| Week 6 | PROM to 135 degrees of elbow flexion PROM extension to 15-0 degrees |

PHASE III –INTERMEDIATE-LATE REHABILITATION PHASE (6-12 weeks)

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| Goals | Maintain full ROM Promote soft tissue healing Gradual increase of functional strength and endurance |
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| Week 6-7 | Full extension and flexion using McClure-Sapenga TERT protocol |
| Modalities: | Active warm up, ice in extension |
| Exercise: | Introduce Upper Body Ergometer (UBE) forward direction Rotator cuff and scapular strengthening/stabilizations Rhythmic stabilization of shoulder girdle in “Balanced” position |
| Week 8 | Begin manually resisted submaximal isometric exercise for shoulder girdle |
| muscles in | pain free positions/angles |
| Weeks 8-9 | Initiate Submaximal, multiple angle, pain free bicep isometrics |
| 5 minutes | Upper Body Bike warm-up beginning at 7 minutes increasing incrementally by 5 minutes up to 20 minutes Initiate forearm stretching: Wrist flexion and extension |
| Week 10 | Initiate short arc isotonic with submaximal loads Progressive Resisted tricep, forearm and rotator cuff exercise Theraband exercises PNF shoulder exercises Thrower’s 10 per patient’s goals |
| Modalities: | Progress extension TERT protocol using night splint Ice in extension |
| Brace | Fully discharged at 8 weeks, use only at work or at night to maintain extension. |

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| <u>PHASE IV– FUNCTIONAL STRENGTHENING PHASE (12-16+ weeks)</u> | |
| Goals | Gradual introduction to functional activities Continue to increase strength and endurance Maintain joint and muscle flexibility |
| Weeks 12-16 | Isometric strength testing and exercises Balance and proprioception activities with progressive difficulty/perterbations Body Blade progression Impulse Inertial Trainer Increase Balance and proprioceptive activity, initiate light plyometric activities Independent strength training at health club: upper extremities |

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| <u>PHASE V – RETURN TO SPORT (4+ months)</u> | |
| Goals | Training into sporting activities Discharge to home-gym maintenance program |
| Ex | Warm-up with bike interval training Challenge balance and proprioception with dynamic activities relating to sport Sport specific training: Lifting, throwing, pulling Interval Throwing Program |

