

Rehabilitation Program Following Proximal Biceps Tendon Repair

- Shoulder Brace: wear for daily activities & sleeping for 4 weeks
- 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