

## 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