



DR. BUTKOVICH DISTAL BICEPS TENDON REPAIR REHABILITATION PROTOCOL

IMMOBILIZATION

- REMAIN IN POSTERIOR SPLINT, ELBOW IMMOBILIZATION AT 90 DEGREES FOR 5-7 DAYS
- NO BRACE NECESSARY

RANGE OF MOTION PROGRESSION- AS TOLERATED

WEEK 2-3	45 DEGREES TO FULL ELBOW FLEXION
WEEK 4	30 DEGREES TO FULL ELBOW FLEXION
WEEK 5	20 DEGREES TO FULL ELBOW FLEXION
WEEK 6	10 DEGREES TO FULL ELBOW FLEXION; FULL SUPINATION-PRONATION
WEEK 8	FULL RANGE OF MOTION OF ELBOW; FULL SUPINATION-PRONATION

RANGE OF MOTION EXERCISES

WEEK 2-3	PASSIVE RANGE OF MOTION FOR ELBOW FLEXION AND SUPINATION; ACTIVE-ASSISTED RANGE OF MOTION FOR ELBOW EXTENSION AND PRONATION
WEEK 3-4	INITIATE ACTIVE-ASSISTED RANGE OF MOTION ELBOW FLEXION
WEEK 4	ACTIVATE RANGE OF MOTION ELBOW FLEXION

STRENGTHENING EXERCISES

WEEK 1	ISOMETRICS FOR TRICEPS AND SHOULDER MUSCLES
WEEK 2	ISOMETRICS (SUBMAXIMAL BICEPS CURLS)
WEEK 3-6	ACTIVATE RANGE OF MOTION, NO RESISTANCE APPLIED
WEEK 6	PRE PROGRAM IS INITIATED FOR ELBOW FLEXION AND SUPINATION- PRONATION <ul style="list-style-type: none"> • BEGIN WITH ONE POUND AND GRADUALLY INCREASE • SHOULDER STRENGTHENING PROGRAM
WEEK 10-12	FULL RETURN TO ADLS
WEEK 12-14	MAY INITIATE RETURN TO LIGHT WEIGHT TRAINING SUCH AS BENCH AND SHOULDER PRESS