
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