



317-208-3866

BADMAN DISTAL BICEP TENDON REPAIR

Phase I- Protective Phase (Week 0 – 6)

Goals:

- Gradual return to full ROM to protect repair
- Decrease pain

Weeks 0 – 2

- 90° posterior splint for protection and comfort (2 weeks)
- Wrist ROM exercises, hand gripping
- PROM as follows:
 - Flexion to tolerance
 - Supination to tolerance
 - Extension limited to –45 degrees of full extension
 - Pronation limited from neutral to full supination with elbow extension
 - Pronation limited to 45° at 90° of elbow flexion

Weeks 2 – 6

- ROM brace 2-6 weeks blocking 30 degrees terminal extension (or as instructed by Dr. Badman)
- Wrist ROM exercises, hand gripping
- PROM as follows:
 - Progress to full flexion
 - Progress to full supination
 - Gradually progress to full extension (starting @ 4 weeks)
 - Gradually progress to full pronation
- Initiate isometric scapular exercises (retractions, shrugs)

Phase II – Intermediate Phase (7 – 12 Weeks)

Goals:

- Wean ROM brace (may remove completely if compliant)
- Full, non-painful ROM
- Begin strengthening program
- Increase functional activities; decrease residual pain

Weeks 7 – 12

- AROM for biceps
- Initiate upper body cycle ergometer
- Strengthening:
 - Begin and gradually progress isolated bicep PRE's
 - Advance scapular and shoulder program with biceps precautions

Phase III – Advanced Strengthening Phase (Weeks 13 – 21)

Goals:

- Maintain full, non-painful ROM
- Improve elbow strength
- Improve neuromuscular control
- Gradual return to functional activities

Weeks 13 – 20

- Continue above program
- Begin Plyometric program
- Strengthening:
 - Aggressive isotonic program for shoulder, elbow and scapular muscles
 - General conditioning program (bench press/lat pulls, etc. with precautions)
 - Begin isokinetics
- Initiate interval sport programs (when strength is satisfactory)

Phase IV – Return to Activity Phase (Weeks 21 – 26)

Goals:

- Gradual return to sport activities
- Continue general strengthening program

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program