Proximal Biceps Tendon Repair
(Complete Rupture of the Long Head of the Biceps)

*It is the treating therapist’s responsibility along with the referring physician’s guidance to determine the actual progression of the patient within the protocol guidelines.

0-4 weeks
- Shoulder brace/immobilizer for 4 weeks
- Pendulums
- Active assisted ROM of the elbow at 0-145 degrees with gentle ROM into extension
- Shoulder isometrics for 10-14 days
- Shoulder active assisted ROM with wand for external and internal rotation in the scapular plane
- Shoulder passive ROM: flexion, external and internal rotation

4 Weeks
- Light shoulder progressive resistance exercises

8 weeks
- Progress to isotonic program at elbow and shoulder


Last revised: 10/14 dw