

biceps tendon repair physical therapy protocol

biceps tendon repair physical therapy protocol is an essential component in the recovery process following surgical intervention for biceps tendon injuries. This protocol involves a structured and progressive rehabilitation plan designed to restore strength, mobility, and function to the affected arm while protecting the repaired tendon. Understanding the stages of physical therapy after biceps tendon repair, including immobilization, controlled motion, strengthening, and functional retraining, is vital for optimal outcomes. This article provides a comprehensive overview of the typical phases of rehabilitation, common exercises, precautions, and goals throughout the recovery timeline. Additionally, it addresses the importance of individualized therapy plans that consider patient-specific factors such as age, activity level, and surgical technique. Proper adherence to the biceps tendon repair physical therapy protocol can significantly reduce complications, improve healing, and facilitate a return to daily activities or sports. The following sections outline the key components and progression of rehabilitation following biceps tendon repair surgery.

- Overview of Biceps Tendon Repair
- Phases of the Physical Therapy Protocol
- Rehabilitation Exercises and Techniques
- Precautions and Considerations
- Expected Outcomes and Timeline

Overview of Biceps Tendon Repair

Biceps tendon repair is a surgical procedure performed to address tears or ruptures of the biceps tendon, commonly involving either the proximal or distal tendon. The biceps tendon connects the biceps muscle to the bones of the shoulder or elbow, and injury can result in pain, weakness, and limited function. Surgical repair aims to reattach the torn tendon to the bone, restore anatomical alignment, and maintain muscle strength. Postoperative physical therapy is critical to promote tendon healing while preventing stiffness and muscle atrophy. The biceps tendon repair physical therapy protocol serves as a guideline to ensure safe and effective rehabilitation tailored to the type and extent of the repair.

Phases of the Physical Therapy Protocol

The rehabilitation process following biceps tendon repair typically progresses through several well-defined phases. Each phase has specific goals and restrictions designed to protect the repair and gradually restore motion and strength.

Immobilization Phase

Immediately after surgery, the arm is immobilized in a sling or brace to limit movement and protect the repaired tendon. This phase usually lasts from one to six weeks depending on the surgeon's protocol and the severity of the injury. Immobilization helps reduce pain and inflammation while allowing initial tendon healing.

Early Passive and Active-Assisted Motion

Once initial healing is adequate, physical therapy begins with gentle passive and active-assisted range of motion exercises. These movements are carefully controlled to prevent stress on the repair site. The focus is on restoring shoulder and elbow joint mobility without compromising tendon integrity.

Strengthening Phase

After sufficient healing, typically around 6 to 12 weeks post-surgery, strengthening exercises are introduced. This phase targets the biceps muscle and surrounding shoulder and arm musculature to rebuild strength and endurance. Resistance training is gradually increased based on tolerance and healing progress.

Advanced Functional Training

The final phase involves functional and sport-specific training designed to prepare the patient for return to daily activities or athletic participation. This phase emphasizes dynamic strengthening, proprioception, and coordination to ensure the repaired tendon can withstand functional demands.

Rehabilitation Exercises and Techniques

The biceps tendon repair physical therapy protocol incorporates a variety of exercises and therapeutic modalities to enhance recovery while minimizing risk to the repair site.

Range of Motion Exercises

Early rehabilitation focuses on restoring joint mobility through passive and active-assisted exercises such as pendulum swings, shoulder flexion, and elbow extension/flexion. These exercises help prevent stiffness and maintain joint health.

Strengthening Exercises

Strengthening typically begins with isometric contractions and progresses to isotonic exercises using resistance bands, light weights, or bodyweight. Common strengthening exercises include biceps curls, shoulder external rotations, and scapular stabilizations.

Neuromuscular Re-education

Proprioceptive training and neuromuscular control exercises are integrated later in the protocol to improve joint stability and coordination. Techniques such as closed kinetic chain activities, balance training, and plyometrics may be employed.

Modalities

Physical therapists may utilize modalities like ice, heat, ultrasound, and electrical stimulation to manage pain and inflammation and facilitate tissue healing during various phases of rehabilitation.

Sample Exercise List

- Passive shoulder flexion and extension
- Elbow range of motion with assistance
- Isometric biceps contractions
- Theraband external and internal rotation exercises
- Scapular retraction and depression exercises
- Biceps curls with light resistance
- Closed chain weight-bearing exercises

Precautions and Considerations

Adherence to precautions during the biceps tendon repair physical therapy protocol is essential to avoid complications such as tendon re-rupture, stiffness, or chronic weakness.

Protecting the Repair

Avoiding active biceps contraction and heavy lifting during the early phases is critical to protect the surgical repair. Immobilization devices should be used as prescribed, and therapists must monitor for signs of excessive pain or swelling.

Individualized Progression

Progression through rehabilitation phases should be individualized based on patient response, age, comorbidities, and surgical details. Communication between the surgeon and physical therapist is

vital to optimize timing and intensity of exercises.

Monitoring for Complications

Therapists should be vigilant for complications such as joint stiffness, adhesive capsulitis, nerve irritation, or infection. Early intervention can prevent long-term functional deficits.

Patient Education

Educating patients on proper activity modification, home exercise compliance, and signs of complications enhances engagement and promotes successful outcomes.

Expected Outcomes and Timeline

The biceps tendon repair physical therapy protocol typically spans several months, with milestones that reflect progressive healing and functional restoration.

Typical Timeline

1. **Weeks 0-6:** Immobilization and protection, gentle passive motion
2. **Weeks 6-12:** Active motion and initiation of strengthening
3. **Weeks 12-16:** Progressive strengthening and neuromuscular training
4. **Weeks 16-24:** Advanced functional training and return to activity

Functional Expectations

Most patients regain near-normal shoulder and elbow function within 4 to 6 months post-surgery, though full return to high-demand sports may take longer. Consistent participation in physical therapy and adherence to the protocol are key determinants of successful recovery.

Long-Term Considerations

Continued strengthening and conditioning beyond formal therapy can help maintain tendon health and prevent reinjury. Regular follow-up with healthcare providers is recommended to monitor progress and address any concerns.

Frequently Asked Questions

What is the typical timeline for starting physical therapy after biceps tendon repair?

Physical therapy usually begins within 1 to 2 weeks post-surgery, focusing initially on gentle passive range of motion exercises to protect the repair while preventing stiffness.

What are the main goals of physical therapy following biceps tendon repair?

The main goals are to restore range of motion, improve strength and endurance of the biceps and surrounding muscles, reduce pain and inflammation, and eventually return to normal function and activities.

When can active biceps strengthening exercises typically begin after biceps tendon repair?

Active strengthening exercises usually start around 8 to 12 weeks post-surgery, once the tendon repair has sufficiently healed to tolerate increased load without risk of re-injury.

What types of exercises are included in the early phase of biceps tendon repair physical therapy?

Early phase exercises focus on passive and assisted range of motion, pendulum exercises, and gentle stretching to prevent stiffness while protecting the surgical repair.

How long does the full physical therapy protocol for biceps tendon repair usually last?

The full physical therapy protocol often lasts from 3 to 6 months, depending on the severity of the injury, surgical technique, and individual patient progress.

What precautions should be taken during physical therapy after biceps tendon repair?

Precautions include avoiding heavy lifting, sudden movements, and resisted elbow flexion or supination until cleared by the surgeon or therapist, to prevent tendon re-rupture.

Can patients return to sports after completing the biceps tendon repair physical therapy protocol?

Yes, patients can typically return to sports around 4 to 6 months post-surgery, once they have regained adequate strength, range of motion, and functional stability as assessed by their therapist and surgeon.

How important is patient compliance in the success of biceps tendon repair physical therapy?

Patient compliance is critical; adhering to the prescribed therapy protocol and activity restrictions significantly improves healing outcomes and reduces the risk of complications or re-injury.

Additional Resources

1. *Biceps Tendon Repair Rehabilitation: A Comprehensive Guide*

This book offers an in-depth exploration of physical therapy protocols for biceps tendon repair. It covers phases from initial immobilization to advanced strengthening, emphasizing evidence-based practices. Therapists will find detailed exercises, progression criteria, and patient management strategies tailored to optimize recovery and prevent complications.

2. *Physical Therapy Protocols for Upper Extremity Tendon Injuries*

Focusing on various tendon injuries, this book dedicates a significant section to biceps tendon repair rehabilitation. It provides step-by-step guidelines for therapists to follow, highlighting timing, exercises, and precautions. The text integrates clinical research with practical application, supporting successful patient outcomes.

3. *Rehabilitation of the Elbow and Forearm: Tendon Repair Focus*

This book addresses rehabilitation techniques specifically for elbow and forearm injuries, including biceps tendon repair. It outlines protocols for pain management, range of motion restoration, and strengthening exercises. The author incorporates case studies to illustrate common challenges and solutions during recovery.

4. *Orthopedic Rehabilitation of the Upper Limb: Tendon Repair Protocols*

Offering a broad perspective on upper limb rehabilitation, this title includes detailed sections on biceps tendon repair. It reviews surgical considerations, healing timelines, and tailored physical therapy interventions. The book emphasizes individualized patient care and progression monitoring.

5. *Evidence-Based Physical Therapy for Tendon Injuries*

This resource compiles current research on tendon injury rehabilitation, with specific chapters on biceps tendon repair. Readers will find protocols supported by scientific studies, including criteria for advancing therapy stages. It also discusses common pitfalls and strategies for enhancing tendon healing.

6. *Post-Operative Rehabilitation of Tendon Repairs in the Upper Extremity*

Focusing on the post-surgical phase, this book provides comprehensive rehab protocols for tendon repairs, including the biceps. It details protective immobilization methods, gradual mobilization, and strengthening regimens. The text is aimed at clinicians seeking to optimize functional recovery while minimizing re-injury risk.

7. *Therapeutic Exercises for Biceps Tendon Repair Recovery*

This practical guide presents a variety of therapeutic exercises designed specifically for patients recovering from biceps tendon repair. It includes illustrations, progression guidelines, and tips for adapting exercises based on patient response. The book serves as a useful tool for therapists to enhance rehabilitation outcomes.

8. *Manual Therapy and Modalities in Tendon Repair Rehabilitation*

Exploring adjunctive treatment methods, this book examines the role of manual therapy and physical modalities in the rehab of biceps tendon repairs. It discusses techniques to reduce pain, improve mobility, and facilitate healing during different recovery phases. The content is supported by clinical evidence and expert opinion.

9. *Functional Rehabilitation Strategies Following Biceps Tendon Repair*

This text emphasizes restoring functional use of the arm after biceps tendon repair through targeted rehabilitation strategies. It integrates kinetic chain concepts and functional activities into the recovery process. Therapists are guided on how to tailor interventions to patient goals and daily activity demands.

Biceps Tendon Repair Physical Therapy Protocol

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biceps tendon repair physical therapy protocol: Orthopaedic Physical Therapy Secrets - E-Book Jeffrey D. Placzek, David A. Boyce, 2016-09-10 Whether you're preparing for the OCS or just want to brush up on your orthopedic knowledge, you don't want to be without Placzek and Boyce's new third edition of *Orthopaedic Physical Therapy SECRETS*. As with previous editions, *SECRETS* covers a variety of different physical therapy concepts, healing modalities, specialties, and orthopedic procedures to ensure you are well-prepared to pass the OCS and provide the best orthopedic therapy options for today's patients. Common diseases are included as well as more

innovative diagnostic tools. Each chapter features thoroughly updated content that's entirely evidence-based and outcome-based. This ebook also features insightful anecdotes — including clinical tips, memory aids, and secrets — and helpful review tools — such as bulleted lists, algorithms and illustrations — to help you thoroughly master all aspects of orthopedic physical therapy practice. - Coverage of topics found on the orthopedic specialty exam makes this a useful review resource for those studying for the exam. - Clinical tips provide insightful guidance on a variety of clinical situations and tasks. - Charts, tables, and algorithms simplify information into logical frameworks. - Evidence-based content supports the latest orthopedic research. - Strong chapter on the shoulder and hand succinctly presents important information on this complex topic. - Annotated references provide a useful tool for research. - NEW! Completely updated content reflects the latest physical therapy guidelines. - NEW! Electronic-only format makes this study tool completely portable and accessible on a variety of devices such as the Kindle, Nook, iPad, and more.

biceps tendon repair physical therapy protocol: Disorders of the Rotator Cuff and Biceps Tendon E-Book Matthew T. Provencher, Brian J. Cole, Anthony A. Romeo, Pascal Boileau, Nikhil Verma, 2019-06-01 With a concise, expert focus on one of today's hottest topics in shoulder surgery, Disorders of the Rotator Cuff and Biceps Tendon provides thorough, up-to-date coverage of all aspects of this fast-changing area. This unique volume covers everything from physical examination and imaging workup to state-of-the-art treatment methodologies and clinical indications for operative techniques. Designed with the clinician in mind, it offers a comprehensive, well-illustrated approach in an easy-to-read format, supplemented by surgical videos created by leaders in the field. - Expert contributing authors describe every procedural step in a logical, methodical manner, offering clinical and technical pearls from personal experience. - Surgical techniques are written with the general orthopaedist in mind and include an emphasis on transitioning to all-arthroscopic techniques. - Coverage includes non-operative care, including an emphasis on rotator cuff and proximal biceps rehabilitation techniques, injections, and modalities. - Expert discussions include advanced arthroscopic rotator cuff repair techniques, revision surgery, and arthroplasty (hemiarthroplasty, total shoulder, and reverse shoulder arthroplasty) for failed cuff repair. - Unique! Includes salvage reconstruction techniques including tendon transfers, biologic patches, and emerging technologies. - More than 1100 high-quality illustrations include both original artwork and clinical photographs that accurately depict important aspects of each procedure for surgical management. - Before each surgical technique, quick-reference text boxes in bulleted format present guidelines for arriving at the associated diagnosis. - Ideal for orthopaedic surgeons, fellows, residents, and students in orthopaedic surgery as well as physical therapists, physician assistants and athletic trainers.

biceps tendon repair physical therapy protocol: Documentation for Physical Therapist Practice Jacqueline A. Osborne, 2015-08-03 Documentation for Physical Therapist Practice: A Clinical Decision Making Approach provides the framework for successful documentation. It is synchronous with Medicare standards as well as the American Physical Therapy Association's recommendations for defensible documentation. It identifies documentation basics which can be readily applied to a broad spectrum of documentation formats including paper-based and electronic systems. This key resource skillfully explains how to document the interpretation of examination findings so that the medical record accurately reflects the evidence. In addition, the results of consultation with legal experts who specialize in physical therapy claims denials will be shared to provide current, meaningful documentation instruction.

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diagnosis, as well as the appropriate treatment for each condition. *Musculoskeletal Examination of the Shoulder: Making the Complex Simple* contains clear photographic demonstrations, tables, and charts throughout its pages, allowing a thorough and concise examination of the shoulder. A glance at some of what is covered inside: • Physical Examination o Basics and specific tests of the physical examination of the shoulder • General Imaging o Basics of general imaging of the shoulder • Common Conditions o Superior labral tears, Biceps tendon, Glenohumeral arthritis, and more

Musculoskeletal Examination of the Shoulder: Making the Complex Simple contains essential information to successfully take a complex subject and bring it to a level that will be welcomed by orthopedic residents, attendings, physical therapists, athletic trainers, medical students in training, and other health care providers.

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S. Brent Brotzman, Robert C. Manske, 2011-05-06 In *Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach*, Dr. S. Brent Brotzman and Robert C. Manske help you apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. A well-respected, comprehensive source for evaluating, treating, and rehabilitating orthopaedic patients, the 3rd Edition guides you on the prevention of running injuries, the latest perturbation techniques, and the ACL rehabilitation procedures and functional tests you need to help get your patients back in the game or the office. You'll also find a brand-new spine rehabilitation section, an extensively revised art program, and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at www.expertconsult.com. Get expert guidance on everything you may see on a day-to-day basis in the rehabilitation of joint replacements and sports injuries. Apply evidence-based rehabilitation protocols to common sports conditions like ACL and meniscus injuries and post-surgical rehabilitation for the knee, hip, and shoulder. See how to perform perturbation techniques for ACL rehabilitation, ACL functional tests and return-to-play criteria after reconstruction, analysis of running gait to prevent and treat running injury, and more with videos online at www.expertconsult.com. Use the expert practices described in *Tendinopathy and Hip Labral Injuries*, part of the expanded Special Topics section, to help patients realize quicker recovery times. Visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations.

biceps tendon repair physical therapy protocol: Manual of Sports Surgery Clarence L. Jr. Shields, 2012-12-06 This manual presents the operations most often performed by surgeons at the Kerlan-Jobe Orthopaedic Clinic (Inglewood, California, 90301) in treating sports injuries. These operations constitute a complete series of basic surgical procedures for the orthopaedist. In its step-by-step drawings, the manual guides surgeons through the operative techniques of specific procedures. It also provides what is equally important for practitioners: the protocols for postoperative care of patients, including the rehabilitation of those who have and have not had to undergo surgery. It must also be said that this manual is not a be-all and end-all of surgical interventions and rehabilitative programs for athletes, amateur or professional, who sustain injuries on the playing field. That elusive goal can only be reached by practitioners who attend strictly to all the diagnostic detail available, who select carefully those patients most likely to benefit from their attention and care, and who share with other practitioners their experience and expertise. As far as diagnosis is concerned, there has been a great improvement in the recent past in both noninvasive and invasive procedures that help to establish specific diagnoses and to determine which patients will be served best by a given operation. These new diagnostic tools include the arthrogram in conjunction with the tomogram and the CT scan; the CT scan itself; the arthroscope; and, most recently, the Magnetic Resonance Imaging machine.

biceps tendon repair physical therapy protocol: Canine Rehabilitation and Physical Therapy Darryl Millis, David Levine, 2013-10-25 Bridging the gap between human physical therapy and veterinary medicine, *Canine Rehabilitation and Physical Therapy*, 2nd Edition provides vets, veterinary students, and human physical therapists with traditional and alternative physical therapy methods to effectively evaluate and treat dogs with various debilitating conditions. Coverage includes treatment protocols for many types of cutaneous, neurologic, and musculoskeletal injuries to facilitate a faster and more complete recovery. Overall, this book is an extensive text for anyone interested in pursuing canine rehabilitation and physical therapy. Reviewed by: Helen Davies, University of Melbourne on behalf of *Australian Veterinary Journal*, March 2015 Invaluable protocols for conservative and postoperative treatment ensure the successful healing of dogs and their return to full mobility. Printable medical record forms on the companion website, including client information worksheets, referral forms, orthopedic evaluation forms, and more, can be customized for your veterinary practice. Six completely updated chapters on exercising dogs define the basic principles of aquatic and land-based exercise and how they may be applied to dogs, as well as how physical therapy professionals can adapt common human exercises to dogs. Numerous chapters on

therapeutic modalities, including therapeutic lasers, illustrate how physical therapy professionals can adapt common human modalities to dogs. Physical examination chapters offer comprehensive information on orthopedics, neurology, and rehabilitation. New chapters keep you up to date with coverage of joint mobilization, rehabilitation of the athletic patient, biomechanics of rehabilitation, and physical therapy for wound care. A companion website includes 40 narrated video clips of various modalities and exercises used to correct problems with lameness, hip disorders, and gait analysis, plus downloadable and printable orthopedic, neurologic, and physical rehabilitation forms, in addition to a client information worksheet, referral form and letter, and a daily flowsheet form.

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rehabilitation procedures available for athletes. - An entire section on hand rehabilitation provides the latest information for hand specialists. - Information on the latest treatment strategies for hip replacement presents complete information on one of the most common procedures. - Easy-to-follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy. - A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process. - Broad coverage addresses both traditional techniques as well as newer methods in a single resource. - Clear photos and illustrations show how to correctly perform the techniques described in the book.

biceps tendon repair physical therapy protocol: *Atlas of Advanced Shoulder Arthroscopy* Andreas B. Imhoff, Jonathan B. Ticker, Augustus D. Mazzocca, Andreas Voss, 2017-12-15 Arthroscopic surgery has been one of the biggest Orthopedic advances in the last century. It affects people of all ages. Total joint replacement may capture popular imagination, but arthroscopy continues to have a greater effect on more people. This Atlas provides the most up to date resource of advanced arthroscopic techniques, as well as including all the standard procedures. Beautifully illustrated and supported by online videos of the latest techniques, this Atlas will appeal to both experienced shoulder surgeons as well as the orthopedic surgeon seeking to enhance his or her knowledge of shoulder arthroscopy.

biceps tendon repair physical therapy protocol: *Shoulder Arthroscopy* Giuseppe Milano, Andrea Grasso, Roman Brzóska, Ladislav Kovačič, 2023-07-10 This comprehensive textbook, published in collaboration with ESSKA, now in a revised and updated second edition, covers all major shoulder problems and related arthroscopic treatments. Introductory sections on basic science and the principles of shoulder arthroscopy provide essential information with the aim of enhancing understanding of a wide range of key issues. Shoulder conditions and their treatments are then described according to a learning pathway that will allow readers to improve their knowledge and skills in shoulder arthroscopy, from simple, standardized techniques to more complex and advanced procedures. The new edition includes additional chapters and offers attractive recent surgical solutions to challenging shoulder conditions, such as severe bone loss in shoulder instability and massive and irreparable rotator cuff tears. All chapters are written by expert arthroscopic surgeons who present decision-making algorithms for diagnosis and treatment, provide step-by-step instructions on arthroscopic techniques, identify pitfalls, and describe their personal tips and pearls. A dedicated section on outcomes measurements and experimental models explains the principles of outcome research on the topics addressed in the book.

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