





## Phase – Advanced Strengthening Phase

Weeks 8-16

<b>Interventions</b>	<p>Consult surgeon if considering BFR in this phase</p> <p>R el o fle ion supination</p> <p>R shoulder fleion</p> <p>f lacking e tension range egin to push stretching into tension</p> <p>Week 10: Biceps isotonic initiated su a i all</p> <p>Week 10: houlder fle ion R s initiated</p> <p>rogress scapular sta ilit</p> <p>eight shifts on ta le</p>
<b>Goals</b>	<p>/ shoulder fle ion, a duction, ER strength</p> <p>Full ROM of el ow in supination and e tension</p> <p>No reactive effusion/e acer ation with iceps PRE s</p>

## Phase 4 – Functional Activity Phase

<b>+ Months</b>	<p>Continue to strengthen biceps and surrounding musculature</p> <p>Progress both WB and NWB strengthening activities</p> <p>Integrate functional strengthening</p> <p><b>Week 16:</b> Initiate light plyometrics</p>
<b>RTS Criteria</b>	<p>Clearance from physician</p> <p>Completion of strengthening and plyometrics</p> <p>Successful completion of throwing program</p>

**Authors:** Dan Deleandro, PT, DPT;

**Revision date:** May 2023

**References:**

Beletsky A, Manderle BJ, Liu J, et al. Return to Work and After Distal Biceps Repair. Orthop J Sports Med. 2019;7(7 suppl5):2325967119S00367. Published 2019 Jul 29. doi:10.1177/2325967119S00367

Logan CA, Shahien A, Haber D, Foster Z, Farrington A, Provencher MT. REHABILITATION FOLLOWING DISTAL BICEPS REPAIR. Int J Sports Phys Ther. 2019;14(2):308-317.

Pitsilos C, Gigis I, Chitas K, Papadopoulos P, Ditsios K. Systematic review of distal biceps tendon rupture in athletes: treatment and rehabilitation. J Shoulder Elbow Surg. 2022;31(8):1763-1772. doi:10.1016/j.jse.2022.02.027

Wilk, K.E., Arrigo, C.A. (2021). Rehabilitation Following Distal Biceps Repair. In: Romeo, A.A., Erickson, B.J., Griffin, J.W. (eds) The Management of Biceps Pathology. Springer, Cham. [https://doi.org/10.1007/978-3-030-63019-5\\_25](https://doi.org/10.1007/978-3-030-63019-5_25)



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER

**For OSUWMC USE ONLY. To license, please contact the OSU  
Technology Commercialization Office at <https://tco.osu.edu>.**