BICEP TENDON REPAIR
DR. MICHAEL WIESER
POST-OP REHABILITATION PROTOCOL

DATE OF SURGERY __________________________

POST-OP DAY 2 - 14
Initiate Outpatient Physical Therapy / Occupational Therapy
Pendulum Exercises
PROM Shoulder (flexion, abduction, internal rotation, external rotation)
PROM Elbow Flexion
Gentle Active Elbow Extension
Active Forearm and Wrist
Modalities as Needed.

POST-OP DAYS 15 - 28
AAROM Shoulder (manual assistance, pulleys, wand)
AROM Scapular Retraction and Elevation
AROM Elbow Extension
PROM Elbow Flexion
Modalities as Needed

POST-OP DAYS 29 - 42
AROM Shoulder
Isometrics Shoulder
AAROM Elbow Flexion
Isometric Elbow Extension
Modalities as Needed

POST OP DAY 43
Resisted Shoulder
Begin Light Resisted Elbow Flexion and Progress as Tolerated

________________________________________________________________________
Physician Signature Date