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Rehabilitation Protocol Biceps Repair

Weeks 1-3

Gentle ROM to shoulder and wrist
Patient should be in hinged brace locked at 90 degrees at all times
Passive pronation and supination

Weeks 3-6

Unlock brace 10 degrees of extension per week– brace must remain on at all times
except for showering
Begin active extension in brace
NO active flexion

Weeks 6-10

Unlock brace to allow full extension – brace to remain on except for showering
Increase active extension in brace
May begin RC isometrics

Weeks 10-12

D/C brace
Begin resistive rotator cuff strengthening
Begin active flexion against gravity only

Weeks 12-26

Increase resistance in flexion
Increase strengthening as tolerated in shoulder and elbow, add core strengthening