

**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

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Physician Signature

\_\_\_\_\_  
Date