

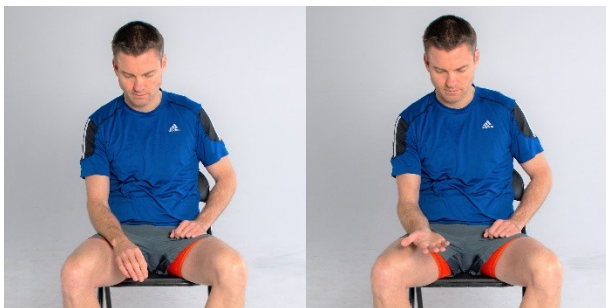
DISTAL BICEPS TENDON REPAIR (PHASE 2: Biceps Active & Gradual Loading Phase **WEEKS 8+)**

ACTIVE ELBOW FLEXION (BICEP CURLS)



Actively bend your elbow moving your hand towards your face. Gradually add weight. Biceps Loading Guide Example: Weeks 6-12 = 1kg start, increasing by 500g – 1kg / week; Weeks 12+ = Increase achieved load by 1-2kgs / week (must be pain-free). This will vary between clients, dependent upon stature, previous history, goals, general health etc.

ACTIVE FOREARM SUPINATION (TURNING PALM TO CEILING)



Actively rotate forearm to point your palm to the ceiling, then back down again. Use a hammer to add load when instructed.

ROTATION OUT WITH THERABAND



ROTATION IN WITH THERABAND



PUSHING MOTION WITH THERABAND



PULLING MOTION WITH THERABAND



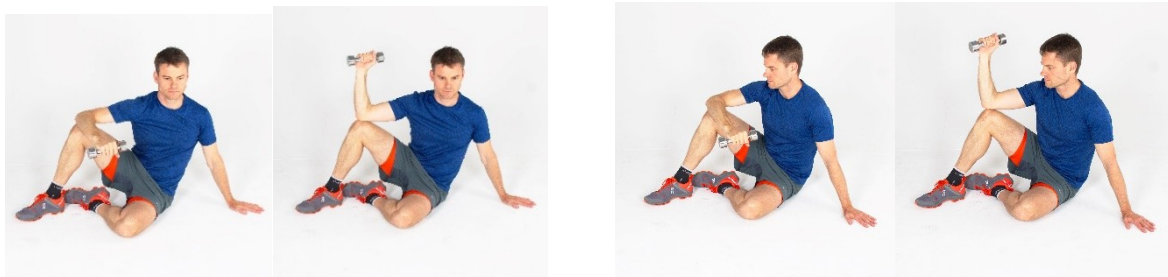
OUT FROM SIDE WITH THERABAND



IN TO SIDE WITH THERABAND



EXTERNAL ROTATION IN SUPPORTED ABDUCTION & SCAPTION

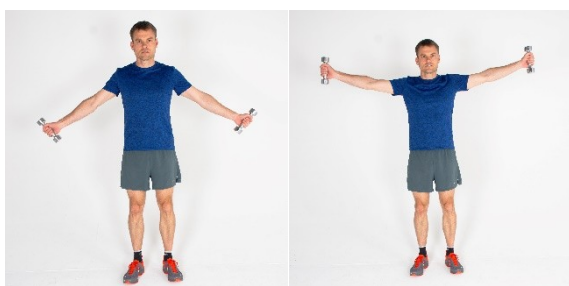


Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Start with a light weight. Vary your body position between sets.

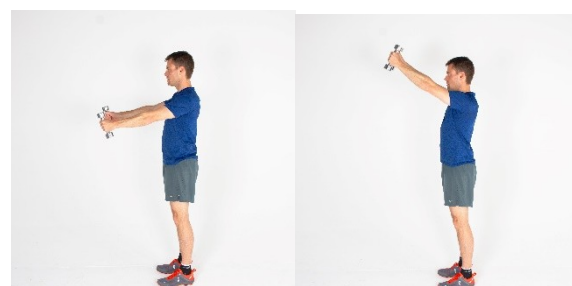
SHOULDER PRESS



SHOULDER ABDUCTION WITH WEIGHT



SHOULDER FLEXION WITH WEIGHT



REVERSE PUNCH



Pull hand / weight to arm-pit. Kneel and lean on a stool or chair.



COMBINATION LOADING (easy band to start with) – variation is the key!



PUSH-UP PLUS



Do a Push-up. Once your elbows are straight, continue to press your palms into the floor and drive the middle part of your spine towards the ceiling. Repeat. Make it easier by doing it off your knees.

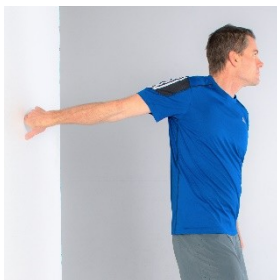


DIVERS (HALF HINDUS)



Start in the 'A' Frame position as shown. Move your body down and forward like you're ducking through a gap under a fence. To make the exercise easier, don't duck as low. Finish with hips low and shoulders high.

BICEPS STRETCH



Place the outside aspect of your index finger onto a shelf as shown (the lower the shelf, the easier the stretch). Slowly bend your knees to add more of a stretch to the bicep. Stretch MUST be pain-free. Try the stretch on your non-operated arm first.

All exercises & stretches must be pain-free in elbow & biceps. Times & loads for when these exercises are introduced will vary between patients. Discontinue any exercise or stretch that becomes painful in the elbow or biceps. Only re-introduce it when the exercise is asymptomatic.