

**DISTAL BICEPS TENDON REPAIR (PHASE 1: The Protection & Relaxation PASSIVE  
Phase FIRST 8 WEEKS)**

**PENDULUMS**



Completely RELAX operated arm.

Bending forward allows relaxed arm to hang down towards the ground.

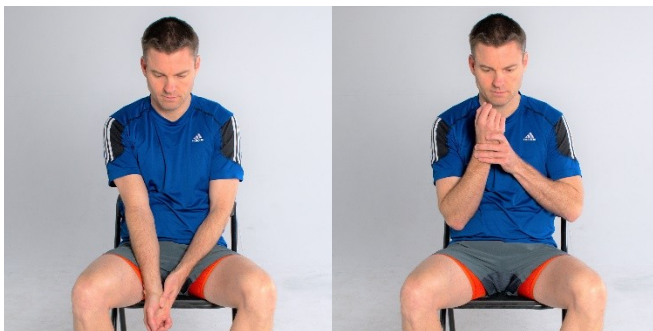
No need to do circles.

**SHOULDER SHRUGS & SCAPULAR RETRACTION**



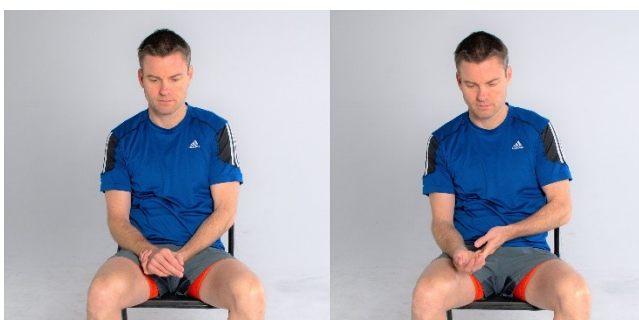
Shrug shoulders up and down in a controlled way. Then pull shoulder blades together.

**PASSIVE ELBOW FLEXION**



Move your elbow up and down with assistance from NON-operated arm.

**PASSIVE SUPINATION (TURNING PALM TO CEILING)**



Rotate your forearm with assistance from NON-operated arm.

### ELBOW EXTENSION STRETCH



Try and straighten elbow until you reach full range of motion. Can do this with and / or without assistance from non-operated arm.

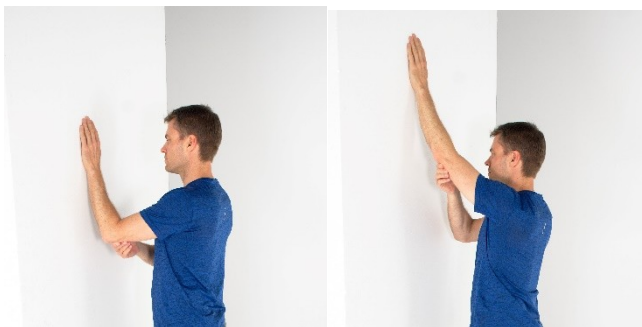
### ACTIVE ASSISTED FLEXION IN LYING



Lie on your back. Grasp your operated arm with your unaffected arm/hand.

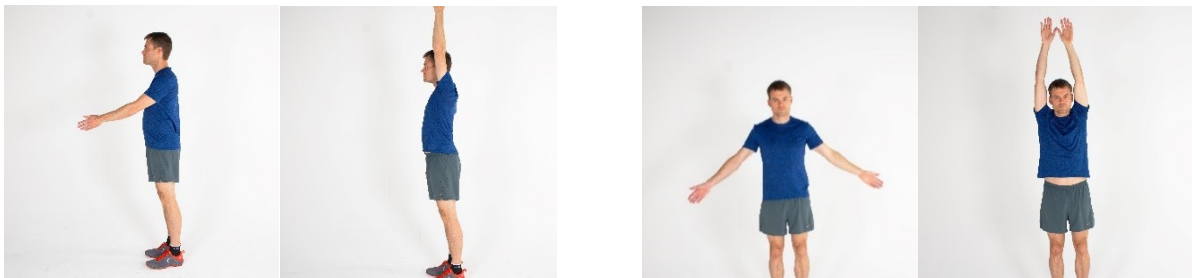
Move your operated arm 'up and over' your head. If you feel no pain in your elbow region, do this movement without the assistance of the other arm.

### CATERPILLARS UP WALL



The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. You may need to initially help with your other arm. This allows for a smooth transition towards the exercises below, using pain as your guide.

### SHOULDER ACTIVE RANGE OF MOVEMENT (MUST BE PAIN-FREE IN ELBOW)



Move shoulder without assistance, only if you have no pain in your elbow region whilst doing it.