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Dr. Joshua Alpert
Post-Operative Rehabilitation Protocol:
Elbow-Extensor Tendon Debridement and Repair

	Range of Motion	Exercise
PHASE I 0-4 weeks	Active and passive ROM as tolerated	Gentle hand/wrist/elbow/shoulder stretching and ROM, isometric elbow/shoulder strengthening - avoid wrist extension
PHASE II 4-8 weeks	Active and passive ROM	Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM. Continue ROM exercises of wrist - no strengthening of wrist
PHASE III 8-12 weeks	Full and pain free	Advance phase II activities and start strengthening of wrist

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