



Dr. Joshua Alpert
 Elbow - Distal Bicep Tendon Repair
 Post-Operative Rehabilitation Protocol:

	Range of Motion	Brace	Exercise
PHASE I 0-4 weeks No physical therapy.	Able to fully flex. No extension past 90°.	Locked at 90° extension. Able to fully flex. Worn at all times	Gentle wrist ROM at home
PHASE II 4-8 weeks Physical therapy started.	Active flexion and extension to 45° in brace.	Locked at 45° extension. Able to fully flex. Worn at all times including exercise	Begin PROM and AROM. restrict extension to 45°. ROM of wrist. Gripping okay. No shoulder therapy.
PHASE III 8-12 weeks	Active flexion and extension to 0° in brace (brace unlocked)	Unlocked. Discontinue over weeks 8-10.	Continue PROM and AROM without restriction. No strengthening.
PHASE IV 12wks- 6months	Full ROM	none	Begin gentle flexion strengthening. Begin rotator cuff/deltoid isometrics.
PHASE V 6 months+	Full and pain free	none	Return to full activity

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