



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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DISTAL BICEPS TENDON REPAIR

Rehab Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0 - 2 Weeks	None (splint)	Splint and sling at all times till first PO visit	Gentle wrist and shoulder ROM
2 - 6 Weeks	Active extension to 30°	Worn at all times (including exercise) - removed for hygiene	Continue wrist and shoulder ROM, Begin active extension to 30°, NO active flexion, gentle joint mobilizations
6 - 9 Weeks	Full active extension in brace	Worn at all times (including exercise) - removed for hygiene	Maintain wrist and shoulder flexibility. Begin rotator cuff/deltoid isometrics, progress active extension in brace
9 - 12 Weeks	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening to light resistive, maintain flexibility/ROM
Week 12 - 6 Months	Gradual return to full and pain free	None	Begin gradual flexion strengthening and advance as tolerated



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Other Locations