



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW •

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DISTAL BICEPS TENDON REPAIR

Rehab Protocol

0-First Post-Op Visit: Sling and Splint at all times

Weeks 2-6:

- Please make patient removable extension block splint at 45°
- Begin Active Assist ROM. Initially Limit Extension to 45°
- Advance to full extension by 6 weeks.
- Splint all times other than exercises
- Wrist/Shoulder ROM exercises

Weeks 6-9:

- May D/C elbow Splint
- Continue Passive/Active Assist ROM Elbow
- Begin Biceps Isometrics Begin Cuff/Deltoid Isometrics
- Maintain Wrist/Shoulder ROM

Weeks 9-12:

- Begin Active Elbow Flexion against gravity
- Maintain ROM Elbow/Wrist/Shoulder
- Advance to resistive Strengthening Deltoid/Rotator Cuff

Week 12 - 6 months:

- Begin Gradual elbow flexion strengthening and advance as tolerated.



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