

Randy Clark, MD
 Coral Desert Orthopedics
 1490 E. Foremaster Dr., Ste. 150
 St. George, UT 84790
 435-628-9393 phone
 435-628-9382 fax

Dr. Randy Clark
 Distal Biceps Tendon Repair
 Physical Therapy Protocol

EXPECTED RECOVERY:

- Begin physical therapy 2 weeks after surgery.
- Back to desk type work/school within 1-2 weeks following surgery
- Return to manual labor/sports at 4-6 months

	BRACE	Range of Motion	EXERCISES
0-2 weeks	Splint 0-90	*Wrist ROM only	* Grip strengthening * Isometrics
2-6 weeks	No brace	* Begin elbow PROM progress to AAROM and progress as tolerated to and AROM * Achieve full AROM by 6 weeks.	* ROM only * no lifting/pulling/pushing greater than 1 lbs. No strengthening OK to use arm for eating, grooming activities
6-12 weeks	No brace	*Full ROM	* ROM exercises. no lifting/pulling/pushing greater than 5 lbs.
12-20 weeks			Begin strengthening

Specific Recommendations /Restrictions /Goals:
