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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

	<b>BRACE</b>	<b>Range of Motion</b>	<b>EXERCISES</b>
<b>0-2 weeks</b>	Splint 0-90	*Wrist ROM only	* Grip strengthening  * Isometrics
<b>2-6 weeks</b>	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
<b>6-12 weeks</b>	No brace	*Full ROM	* ROM exercises.  no lifting/pulling/pushing greater than 5 lbs.
<b>12-20 weeks</b>			Begin strengthening

Specific Recommendations /Restrictions /Goals:

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