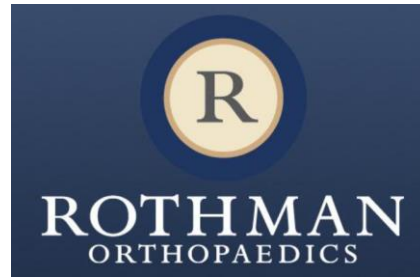


Brandon J. Erickson, MD  
Montanna Casey, ATC  
Mackenzie Lindeman, ATC  
Terry Lin, PA-C  
645 Madison Ave New York, NY  
200 White Plains Rd 4<sup>th</sup> Floor Tarrytown, NY  
450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
Montanna.Casey@rothmanortho.com  
Mackenzie.Lindeman@rothmanortho.com  
Terry.Lin@rothmanortho.com  
www.brandonericksonmd.com



Distal Biceps Repair Physical Therapy Protocol/Prescription

Name \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT Distal Biceps Tendon Repair

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_\_ Weeks 1-4:

- Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion with wrist free.
- Dressing changed at 7-10 days after surgery to hinged elbow brace
  - In brace can perform passive flexion to 100 degrees and progress to passive full flexion by 4 weeks
  - No active flexion
  - Ok to actively extend to 45 degrees
- Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

\_\_\_\_\_ Weeks 4-6

- Brace adjusted to 30 degrees extension, progressing to 0 degrees by 6 weeks,
- May begin active assisted flexion to full in brace

\_\_\_\_\_ Weeks 6-8:

- Discontinue the use of the Bledsoe Brace
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated
- Begin muscle strengthening exercises for wrist and forearm

\_\_\_\_\_ Months 2-3:

- May begin elbow strengthening

Comments:

\_\_\_\_Functional Capacity Evaluation \_\_\_\_Work Hardening/Work Conditioning \_\_X\_\_ Teach HEP

Modalities

\_X\_\_ Electric Stimulation \_\_\_\_Ultrasound \_\_\_\_ Iontophoresis \_\_\_\_Phonophoresis \_\_\_\_TENS \_\_X\_\_ Heat before

\_X\_\_ Ice after \_\_\_\_Trigger points massage \_\_X\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_