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Rehabilitation Protocol

Distal Biceps Repair

Distal Triceps Repair

SLING FOR 2 WEEKS

Week 1:

- Splint
- Unrestricted wrist, hand motion
- No PT first week

Weeks 2-6 :

- Passive and Active Assisted elbow flexion/extension—as tolerated
- Passive and Active Assisted supination/pronation—as tolerated
- Passive, Active shoulder ROM ok

Week 6-12:

- Active elbow flexion/extension--full
- Active supination/pronation--full
- Begin strengthening

RETURN TO ACTIVITIES

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Golf	2 months
Tennis	3 months
Weight training	3 months
Contact Sports	6 months