#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**DIAGNOSIS: ( LEFT / RIGHT)­­­­­­­ DISTAL BICEPS TENDON REPAIR**

**DATE OF SURGERY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ELBOW PHYSICAL THERAPY PRESCRIPTION**

**Expected Rehab Timeline**

**0-2 weeks: splint**

**2-4 weeks: brace 30-130**

**4-6 weeks: brace 10-130**

**6-8 weeks unlock then D/C brace when comfortable**

**PT begins week 3 or 4.**

* Range of motion within limits (Active Assisted, Gentle Passive), unlimited AROM and gentle

PROM past week 6. Flex/ Ex/ Pro/ Supination

* More aggressive PROM past week 8 to restore full ROM
* Strengthening: Begin if range of motion is near full: Biceps, Triceps, Wrist Flexors, Wrist Extensors,

Resisted pronation and supination. Can begin with Isometric exercises at week 6-8, then progress to concentric and eccentric exercise as tolerated at week 12.

* Ice before and after rehab exercises
* Modalities (stim, US)

\*\* Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**