

## PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS: ( LEFT/RIGHT)DISTALBICEPSTENDONREPAIR

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

### **Expected Rehab Timeline**

1. 0-2 Weeks: Sling, Start PT 2 weeks after surgery
2. Work on elbow range of motion
3. Start gentle Straitening
4. 12-20 Weeks: Heavy lifting allowed
5. 20 Weeks: Clear for sports and all activity

\_\_\_ Range of Motion (Active Assisted, Gentle Passive, Unlimited AROM)  
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.

Treatment: \_\_\_\_\_ times per week    Duration \_\_\_\_\_ Weeks    \_\_\_\_\_ Home Program

Physician's Signature: \_\_\_\_\_    Date: \_\_\_\_\_