



Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Elbow - Flexor Tendon Debridement & Repair

	<b>Range of Motion</b>	<b>Exercise</b>
<b>PHASE I</b> 0-4 weeks	Active and passive ROM as tolerated	Gentle hand/wrist/elbow/shoulder stretching and ROM, isometric elbow/shoulder strengthening - avoid wrist flexion
<b>PHASE II</b> 4-8 weeks	Active and passive ROM	Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM. Continue ROM exercises of wrist - no strengthening of wrist
<b>PHASE III</b> 8-12 weeks	Full active and passive ROM, no restrictions	Advance phase II activities and start strengthening of wrist
<b>PHASE IV</b> 12-16 weeks	Full active and passive ROM, no restrictions	Focus on strengthening

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