



Delayed repair or chronic reconstruction with allograft tendon

Post-operative rehabilitation- Delayed repair or chronic reconstruction with allograft tendon

- Immobilization/Range of Motion
 - Revision surgery or delayed repair performed under tension may be placed in a formal splint at 90 degree of elbow flexion for 10-14 days.
 - Elbow placed in a hinged ROM brace at 10-14 days postoperative.
 - Brace set unlocked at between 45°-90 degrees to full flexion.
 - Hinged Brace Range of Motion Progression (ROM progression may be adjusted based on Surgeon's assessment of the surgical repair.):
 - o Week 2: 45° to full elbow flexion
 - o Week 3: 45° to full elbow flexion
 - o Week 4: 30° to full elbow flexion
 - o Week 5: 20° to full elbow flexion
 - o Week 6: 10° to full elbow flexion
 - o Week 8: Full ROM of elbow; discontinue brace if adequate motor control Range of Motion Exercises (to above brace specifications)
 - Weeks 2-3: Passive ROM for elbow flexion and supination (with elbow at 90°) Assisted ROM for elbow extension and pronation (with elbow at 90°) Shoulder ROM as needed based on evaluation, avoiding excessive extension.
 - Weeks 3-4: Initiate active-assisted ROM elbow flexion. Continue assisted extension and progress to passive extension ROM
 - Week 4: Active ROM elbow flexion and extension
 - Weeks 6-8: May begin combined/composite motions (i.e. extension with pronation).
 - If at 8 weeks post-op the patient has significant ROM deficits therapist may consider more aggressive management, after consultation with referring surgeon, to regain ROM.
- Strengthening Program
 - Week 1: Sub-maximal pain free isometrics for triceps and shoulder musculature.
 - Week 2 Sub-maximal pain free biceps isometrics with forearm in neutral.



- Week 3-4: Single plane active ROM elbow flexion, extension, supination, and pronation.
- Week 8: Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation. Progress shoulder strengthening program
- Weeks 12-14: May initiate light upper extremity weight training. Non-athletes initiate endurance program that simulates desired work activities/requirements.