

333 South Kirkwood Road, Suite 200 Kirkwood, MO 63122 Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

Nathan A. Mall, MD

Collin Magilligan, NP

Distal Biceps/Triceps Repair and/or Reconstruction

First Post-op visit instructions:

- -Formal physical therapy will begin 6 weeks from the time of the surgery.
- -Goal from weeks 2-6 is to restore range of motion to elbow. The following is guideline for this process. You will unlock one of the grey tabs on the dial of the brace, either allowing for 10 degrees more of flexion or extension every three days. Range of motion should be done passively using the non-operative arm to gently move your elbow up and down. This should be done 20 times at least 4-6 times per day.

Date	Flexion	Extension



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