

PHYSICAL THERAPY PRESCRIPTION

SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

www.gamradtortho.com

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Medicine of USC

PATIENT STICKER

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)

Treatment: _____ times per week Duration: _____ weeks ___ Home Program

** Please send progress notes.

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC