

PHYSICAL THERAPY PRESCRIPTION

JOEL WEBER, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

EVERGREEN HEALTH

360.794.3300 APPT

360.794.6610 FAX



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: _____

Joel Weber, MD, Orthopaedic Surgeon, Evergreen Health