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REHAB PROTOCOL: Distal Biceps/Triceps Tendonitis

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PLAN

Patient education, posture correction and ergonomics

Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase

Phase II & III exercises

Distal biceps***triceps strengthening protocol- Eccentric protocol; isometric --> therabands-->light weight --> med-heavy weight

Scapular stabilization and strengthening exercises

Shoulder rotator cuff and scapular ROM and stretching

Core strengthening

Home Exercise program

Precautions

Exercises should be performed in painless arc initially

Avoid body blade, weights or upper body ergometer in the stretching and initial strengthening phase

Emphasize lower weight, higher repetition exercises starting out with lightweights and progressively increasing the intensity, resistance and speed. Focus on strengthening in functional positions

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

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North Bergen, NJ 07047
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Therapists' discretion
TENS
Trigger point massage

Evaluation and others
Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____