



## PHYSICAL THERAPY PRESCRIPTION

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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**

