

biceps tendon repair physical therapy protocol

biceps tendon repair physical therapy protocol is an essential component in the recovery process following surgical intervention for biceps tendon injuries. This protocol involves a structured and progressive rehabilitation plan designed to restore strength, mobility, and function to the affected arm while protecting the repaired tendon. Understanding the stages of physical therapy after biceps tendon repair, including immobilization, controlled motion, strengthening, and functional retraining, is vital for optimal outcomes. This article provides a comprehensive overview of the typical phases of rehabilitation, common exercises, precautions, and goals throughout the recovery timeline. Additionally, it addresses the importance of individualized therapy plans that consider patient-specific factors such as age, activity level, and surgical technique. Proper adherence to the biceps tendon repair physical therapy protocol can significantly reduce complications, improve healing, and facilitate a return to daily activities or sports. The following sections outline the key components and progression of rehabilitation following biceps tendon repair surgery.

- Overview of Biceps Tendon Repair
- Phases of the Physical Therapy Protocol
- Rehabilitation Exercises and Techniques
- Precautions and Considerations
- Expected Outcomes and Timeline

Overview of Biceps Tendon Repair

Biceps tendon repair is a surgical procedure performed to address tears or ruptures of the biceps tendon, commonly involving either the proximal or distal tendon. The biceps tendon connects the biceps muscle to the bones of the shoulder or elbow, and injury can result in pain, weakness, and limited function. Surgical repair aims to reattach the torn tendon to the bone, restore anatomical alignment, and maintain muscle strength. Postoperative physical therapy is critical to promote tendon healing while preventing stiffness and muscle atrophy. The biceps tendon repair physical therapy protocol serves as a guideline to ensure safe and effective rehabilitation tailored to the type and extent of the repair.

Phases of the Physical Therapy Protocol

The rehabilitation process following biceps tendon repair typically progresses through several well-defined phases. Each phase has specific goals and restrictions designed to

protect the repair and gradually restore motion and strength.

Immobilization Phase

Immediately after surgery, the arm is immobilized in a sling or brace to limit movement and protect the repaired tendon. This phase usually lasts from one to six weeks depending on the surgeon's protocol and the severity of the injury. Immobilization helps reduce pain and inflammation while allowing initial tendon healing.

Early Passive and Active-Assisted Motion

Once initial healing is adequate, physical therapy begins with gentle passive and active-assisted range of motion exercises. These movements are carefully controlled to prevent stress on the repair site. The focus is on restoring shoulder and elbow joint mobility without compromising tendon integrity.

Strengthening Phase

After sufficient healing, typically around 6 to 12 weeks post-surgery, strengthening exercises are introduced. This phase targets the biceps muscle and surrounding shoulder and arm musculature to rebuild strength and endurance. Resistance training is gradually increased based on tolerance and healing progress.

Advanced Functional Training

The final phase involves functional and sport-specific training designed to prepare the patient for return to daily activities or athletic participation. This phase emphasizes dynamic strengthening, proprioception, and coordination to ensure the repaired tendon can withstand functional demands.

Rehabilitation Exercises and Techniques

The biceps tendon repair physical therapy protocol incorporates a variety of exercises and therapeutic modalities to enhance recovery while minimizing risk to the repair site.

Range of Motion Exercises

Early rehabilitation focuses on restoring joint mobility through passive and active-assisted exercises such as pendulum swings, shoulder flexion, and elbow extension/flexion. These exercises help prevent stiffness and maintain joint health.

Strengthening Exercises

Strengthening typically begins with isometric contractions and progresses to isotonic exercises using resistance bands, light weights, or bodyweight. Common strengthening exercises include biceps curls, shoulder external rotations, and scapular stabilizations.

Neuromuscular Re-education

Proprioceptive training and neuromuscular control exercises are integrated later in the protocol to improve joint stability and coordination. Techniques such as closed kinetic chain activities, balance training, and plyometrics may be employed.

Modalities

Physical therapists may utilize modalities like ice, heat, ultrasound, and electrical stimulation to manage pain and inflammation and facilitate tissue healing during various phases of rehabilitation.

Sample Exercise List

- Passive shoulder flexion and extension
- Elbow range of motion with assistance
- Isometric biceps contractions
- Theraband external and internal rotation exercises
- Scapular retraction and depression exercises
- Biceps curls with light resistance
- Closed chain weight-bearing exercises

Precautions and Considerations

Adherence to precautions during the biceps tendon repair physical therapy protocol is essential to avoid complications such as tendon re-rupture, stiffness, or chronic weakness.

Protecting the Repair

Avoiding active biceps contraction and heavy lifting during the early phases is critical to

protect the surgical repair. Immobilization devices should be used as prescribed, and therapists must monitor for signs of excessive pain or swelling.

Individualized Progression

Progression through rehabilitation phases should be individualized based on patient response, age, comorbidities, and surgical details. Communication between the surgeon and physical therapist is vital to optimize timing and intensity of exercises.

Monitoring for Complications

Therapists should be vigilant for complications such as joint stiffness, adhesive capsulitis, nerve irritation, or infection. Early intervention can prevent long-term functional deficits.

Patient Education

Educating patients on proper activity modification, home exercise compliance, and signs of complications enhances engagement and promotes successful outcomes.

Expected Outcomes and Timeline

The biceps tendon repair physical therapy protocol typically spans several months, with milestones that reflect progressive healing and functional restoration.

Typical Timeline

1. **Weeks 0-6:** Immobilization and protection, gentle passive motion
2. **Weeks 6-12:** Active motion and initiation of strengthening
3. **Weeks 12-16:** Progressive strengthening and neuromuscular training
4. **Weeks 16-24:** Advanced functional training and return to activity

Functional Expectations

Most patients regain near-normal shoulder and elbow function within 4 to 6 months post-surgery, though full return to high-demand sports may take longer. Consistent participation in physical therapy and adherence to the protocol are key determinants of successful recovery.

Long-Term Considerations

Continued strengthening and conditioning beyond formal therapy can help maintain tendon health and prevent reinjury. Regular follow-up with healthcare providers is recommended to monitor progress and address any concerns.

Frequently Asked Questions

What is the typical timeline for starting physical therapy after biceps tendon repair?

Physical therapy usually begins within 1 to 2 weeks post-surgery, focusing initially on gentle passive range of motion exercises to protect the repair while preventing stiffness.

What are the main goals of physical therapy following biceps tendon repair?

The main goals are to restore range of motion, improve strength and endurance of the biceps and surrounding muscles, reduce pain and inflammation, and eventually return to normal function and activities.

When can active biceps strengthening exercises typically begin after biceps tendon repair?

Active strengthening exercises usually start around 8 to 12 weeks post-surgery, once the tendon repair has sufficiently healed to tolerate increased load without risk of re-injury.

What types of exercises are included in the early phase of biceps tendon repair physical therapy?

Early phase exercises focus on passive and assisted range of motion, pendulum exercises, and gentle stretching to prevent stiffness while protecting the surgical repair.

How long does the full physical therapy protocol for biceps tendon repair usually last?

The full physical therapy protocol often lasts from 3 to 6 months, depending on the severity of the injury, surgical technique, and individual patient progress.

What precautions should be taken during physical therapy after biceps tendon repair?

Precautions include avoiding heavy lifting, sudden movements, and resisted elbow flexion or supination until cleared by the surgeon or therapist, to prevent tendon re-rupture.

Can patients return to sports after completing the biceps tendon repair physical therapy protocol?

Yes, patients can typically return to sports around 4 to 6 months post-surgery, once they have regained adequate strength, range of motion, and functional stability as assessed by their therapist and surgeon.

How important is patient compliance in the success of biceps tendon repair physical therapy?

Patient compliance is critical; adhering to the prescribed therapy protocol and activity restrictions significantly improves healing outcomes and reduces the risk of complications or re-injury.

Additional Resources

1. Biceps Tendon Repair Rehabilitation: A Comprehensive Guide

This book offers an in-depth exploration of physical therapy protocols for biceps tendon repair. It covers phases from initial immobilization to advanced strengthening, emphasizing evidence-based practices. Therapists will find detailed exercises, progression criteria, and patient management strategies tailored to optimize recovery and prevent complications.

2. Physical Therapy Protocols for Upper Extremity Tendon Injuries

Focusing on various tendon injuries, this book dedicates a significant section to biceps tendon repair rehabilitation. It provides step-by-step guidelines for therapists to follow, highlighting timing, exercises, and precautions. The text integrates clinical research with practical application, supporting successful patient outcomes.

3. Rehabilitation of the Elbow and Forearm: Tendon Repair Focus

This book addresses rehabilitation techniques specifically for elbow and forearm injuries, including biceps tendon repair. It outlines protocols for pain management, range of motion restoration, and strengthening exercises. The author incorporates case studies to illustrate common challenges and solutions during recovery.

4. Orthopedic Rehabilitation of the Upper Limb: Tendon Repair Protocols

Offering a broad perspective on upper limb rehabilitation, this title includes detailed sections on biceps tendon repair. It reviews surgical considerations, healing timelines, and tailored physical therapy interventions. The book emphasizes individualized patient care and progression monitoring.

5. Evidence-Based Physical Therapy for Tendon Injuries

This resource compiles current research on tendon injury rehabilitation, with specific chapters on biceps tendon repair. Readers will find protocols supported by scientific studies, including criteria for advancing therapy stages. It also discusses common pitfalls and strategies for enhancing tendon healing.

6. Post-Operative Rehabilitation of Tendon Repairs in the Upper Extremity

Focusing on the post-surgical phase, this book provides comprehensive rehab protocols for

tendon repairs, including the biceps. It details protective immobilization methods, gradual mobilization, and strengthening regimens. The text is aimed at clinicians seeking to optimize functional recovery while minimizing re-injury risk.

7. Therapeutic Exercises for Biceps Tendon Repair Recovery

This practical guide presents a variety of therapeutic exercises designed specifically for patients recovering from biceps tendon repair. It includes illustrations, progression guidelines, and tips for adapting exercises based on patient response. The book serves as a useful tool for therapists to enhance rehabilitation outcomes.

8. Manual Therapy and Modalities in Tendon Repair Rehabilitation

Exploring adjunctive treatment methods, this book examines the role of manual therapy and physical modalities in the rehab of biceps tendon repairs. It discusses techniques to reduce pain, improve mobility, and facilitate healing during different recovery phases. The content is supported by clinical evidence and expert opinion.

9. Functional Rehabilitation Strategies Following Biceps Tendon Repair

This text emphasizes restoring functional use of the arm after biceps tendon repair through targeted rehabilitation strategies. It integrates kinetic chain concepts and functional activities into the recovery process. Therapists are guided on how to tailor interventions to patient goals and daily activity demands.

Biceps Tendon Repair Physical Therapy Protocol

Find other PDF articles:

<https://generateblocks.ibenic.com/archive-library-308/Book?dataid=tEZ49-1140&title=french-fries-in-french-language.pdf>

biceps tendon repair physical therapy protocol: *Clinical Orthopaedic Rehabilitation: A Team Approach E-Book* Charles E. Giangarra, Robert C. Manske, 2017-01-04. Evidence suggests a direct correlation between the quality of postoperative orthopaedic rehabilitation and the effectiveness of the surgery. *Clinical Orthopaedic Rehabilitation*, 4th Edition, helps today's orthopaedic teams apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. Charles Giangarra, MD and Robert Manske, PT continue the commitment to excellence established by Dr. S. Brent Brotzman in previous editions, bringing a fresh perspective to the team approach to rehabilitation. - Every section is written by a combination of surgeons, physical therapists, and occupational therapists, making this respected text a truly practical how-to guide for the appropriate initial exam, differential diagnosis, treatment, and rehabilitation. - Treatment and rehabilitation protocols are presented in a step-by-step, algorithmic format with each new phase begun after criteria are met (criteria-based progression, reflecting current best practice). - Revised content brings you up to date with new evidence-based literature on examination techniques, classification systems, differential diagnosis, treatment options, and criteria-based rehabilitation protocols. - Extensive updates throughout include new chapters on: medial patellofemoral ligament, shoulder impingement, pec major ruptures, thoracic outlet syndrome, general humeral fractures, foot and ankle fractures, medial patellofemoral ligament reconstruction, the arthritic hip, athletic pubalgia, and labral repair and reconstruction. -

Easy-to-follow videos demonstrate rehabilitation procedures of frequently seen orthopaedic conditions and commonly used exercises, and new full-color images complement the highly visual nature of the text.

biceps tendon repair physical therapy protocol: Orthopaedic Physical Therapy Secrets - E-Book Jeffrey D. Placzek, David A. Boyce, 2016-09-10 Whether you're preparing for the OCS or just want to brush up on your orthopedic knowledge, you don't want to be without Placzek and Boyce's new third edition of Orthopaedic Physical Therapy SECRETS. As with previous editions, SECRETS covers a variety of different physical therapy concepts, healing modalities, specialties, and orthopedic procedures to ensure you are well-prepared to pass the OCS and provide the best orthopedic therapy options for today's patients. Common diseases are included as well as more innovative diagnostic tools. Each chapter features thoroughly updated content that's entirely evidence-based and outcome-based. This ebook also features insightful anecdotes — including clinical tips, memory aids, and secrets — and helpful review tools — such as bulleted lists, algorithms and illustrations — to help you thoroughly master all aspects of orthopedic physical therapy practice. - Coverage of topics found on the orthopedic specialty exam makes this a useful review resource for those studying for the exam. - Clinical tips provide insightful guidance on a variety of clinical situations and tasks. - Charts, tables, and algorithms simplify information into logical frameworks. - Evidence-based content supports the latest orthopedic research. - Strong chapter on the shoulder and hand succinctly presents important information on this complex topic. - Annotated references provide a useful tool for research. - NEW! Completely updated content reflects the latest physical therapy guidelines. - NEW! Electronic-only format makes this study tool completely portable and accessible on a variety of devices such as the Kindle, Nook, iPad, and more.

biceps tendon repair physical therapy protocol: Disorders of the Rotator Cuff and Biceps Tendon E-Book Matthew T. Provencher, Brian J. Cole, Anthony A. Romeo, Pascal Boileau, Nikhil Verma, 2019-06-01 With a concise, expert focus on one of today's hottest topics in shoulder surgery, Disorders of the Rotator Cuff and Biceps Tendon provides thorough, up-to-date coverage of all aspects of this fast-changing area. This unique volume covers everything from physical examination and imaging workup to state-of-the-art treatment methodologies and clinical indications for operative techniques. Designed with the clinician in mind, it offers a comprehensive, well-illustrated approach in an easy-to-read format, supplemented by surgical videos created by leaders in the field. - Expert contributing authors describe every procedural step in a logical, methodical manner, offering clinical and technical pearls from personal experience. - Surgical techniques are written with the general orthopaedist in mind and include an emphasis on transitioning to all-arthroscopic techniques. - Coverage includes non-operative care, including an emphasis on rotator cuff and proximal biceps rehabilitation techniques, injections, and modalities. - Expert discussions include advanced arthroscopic rotator cuff repair techniques, revision surgery, and arthroplasty (hemiarthroplasty, total shoulder, and reverse shoulder arthroplasty) for failed cuff repair. - Unique! Includes salvage reconstruction techniques including tendon transfers, biologic patches, and emerging technologies. - More than 1100 high-quality illustrations include both original artwork and clinical photographs that accurately depict important aspects of each procedure for surgical management. - Before each surgical technique, quick-reference text boxes in bulleted format present guidelines for arriving at the associated diagnosis. - Ideal for orthopaedic surgeons, fellows, residents, and students in orthopaedic surgery as well as physical therapists, physician assistants and athletic trainers.

biceps tendon repair physical therapy protocol: Documentation for Physical Therapist Practice Jacqueline A. Osborne, 2015-08-03 Documentation for Physical Therapist Practice: A Clinical Decision Making Approach provides the framework for successful documentation. It is synchronous with Medicare standards as well as the American Physical Therapy Association's recommendations for defensible documentation. It identifies documentation basics which can be readily applied to a broad spectrum of documentation formats including paper-based and electronic systems. This key resource skillfully explains how to document the interpretation of examination

findings so that the medical record accurately reflects the evidence. In addition, the results of consultation with legal experts who specialize in physical therapy claims denials will be shared to provide current, meaningful documentation instruction.

biceps tendon repair physical therapy protocol: *Musculoskeletal Examination of the Shoulder* Steven Cohen, 2024-06-01 The physical examination of the shoulder can be a complex topic for professionals with all levels of clinical experience. How can advance concepts be taught in a user-friendly, clear format, while still providing necessary information for effective diagnosis and treatment of the shoulder? *Musculoskeletal Examination of the Shoulder: Making the Complex Simple* by Dr. Steven B. Cohen answers these questions. Written by experts, this easy-to-carry book provides a thorough review of the most common pathologic shoulder conditions, techniques for diagnosis, as well as the appropriate treatment for each condition. *Musculoskeletal Examination of the Shoulder: Making the Complex Simple* contains clear photographic demonstrations, tables, and charts throughout its pages, allowing a thorough and concise examination of the shoulder. A glance at some of what is covered inside: • Physical Examination o Basics and specific tests of the physical examination of the shoulder • General Imaging o Basics of general imaging of the shoulder • Common Conditions o Superior labral tears, Biceps tendon, Glenohumeral arthritis, and more *Musculoskeletal Examination of the Shoulder: Making the Complex Simple* contains essential information to successfully take a complex subject and bring it to a level that will be welcomed by orthopedic residents, attendings, physical therapists, athletic trainers, medical students in training, and other health care providers.

biceps tendon repair physical therapy protocol: *MIS Techniques in Orthopedics* Giles R. Scuderi, Alfred J. Tria, Richard A. Berger, 2010-05-27 Sole reference in the field of orthopedic surgery

biceps tendon repair physical therapy protocol: *Complex and Revision Problems in Shoulder Surgery* Jon J. P. Warner, Joseph P. Iannotti, Evan L. Flatow, 2005 Written by the world's leading shoulder surgeons, this volume offers much-needed guidance on managing complex and revision problems that cannot be solved by standard treatment formulas. The authors present successful approaches with illustrative case examples, emphasizing avoidance of common pitfalls and management of complications. This edition has a greater focus on arthroscopic procedures and includes full-color arthroscopic images. New chapters cover arthroscopic rotator cuff reconstruction, idiopathic and diabetic stiff shoulder, alternatives to arthroplasty, and the failed arthroplasty. The thoroughly revised fractures section includes new information on two-, three-, and four-part fractures and AC/SC fractures. This edition contains over 800 illustrations.

biceps tendon repair physical therapy protocol: *Handbook of Orthopaedic Rehabilitation* S. Brent Brotzman, 2007 With the emergence of evidence based medicine in orthopaedic surgery and its effect on healthcare reimbursement, rehabilitation plans are an increasing importance. This edition features differential diagnosis at the beginning of each chapter which allows quick and accurate diagnosis of musculoskeletal conditions.

biceps tendon repair physical therapy protocol: *Shoulder and Elbow Injuries in Athletes* Robert A. Arciero, Frank A. Cordasco, Matthew T. Provencher, 2017-10-17 Thorough and concise, this practical reference provides a unique, on-field management approach to all athletic injuries to the shoulder and elbow, as well as nonoperative and operative treatment options, including arthroscopy and open surgery. Focusing on high-performance athletes, leading authorities in the field demonstrate how to provide pain relief, restore function, and return the athlete to sport and to prior level of performance in a safe and timely fashion. - Showcases the knowledge and expertise of an international group of editors and authors who have served as president of the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons and the Arthroscopy Association of North America, are physicians or consultants for professional and collegiate sports teams, have won awards for research in the field of shoulder surgery, are editors and reviewers for peer-reviewed journals, and much more. - Contains rehabilitation guidelines and critical return-to-sport protocols - essential information for nonsurgical healthcare providers --

primarily on athletes under the age of 40, with some consideration of the older athlete (professional golf, for example). - Contains a section in each chapter covering On-the-Field Management and Early Post-Injury Assessment and Treatment – a must-read for immediate care of the injured athlete and ensuring the safe return to play. - Covers the most recent advances in the management of tendon tears in elite and overhead athletes, including prevention in youth sports, early sports specialization, and changing standards of care regarding shoulder and elbow instability. - Provides a thorough review of current ulnar collateral ligament injury diagnosis, imaging, non-operative management, and surgery, as well as acromioclavicular and sternoclavicular joint injuries, clavicle and olecranon fractures, and OCD of the capitellum.

biceps tendon repair physical therapy protocol: Clinical Orthopaedic Rehabilitation E-Book S. Brent Brotzman, Robert C. Manske, 2011-05-06 In Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach, Dr. S. Brent Brotzman and Robert C. Manske help you apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. A well-respected, comprehensive source for evaluating, treating, and rehabilitating orthopaedic patients, the 3rd Edition guides you on the prevention of running injuries, the latest perturbation techniques, and the ACL rehabilitation procedures and functional tests you need to help get your patients back in the game or the office. You'll also find a brand-new spine rehabilitation section, an extensively revised art program, and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at www.expertconsult.com. Get expert guidance on everything you may see on a day-to-day basis in the rehabilitation of joint replacements and sports injuries. Apply evidence-based rehabilitation protocols to common sports conditions like ACL and meniscus injuries and post-surgical rehabilitation for the knee, hip, and shoulder. See how to perform perturbation techniques for ACL rehabilitation, ACL functional tests and return-to-play criteria after reconstruction, analysis of running gait to prevent and treat running injury, and more with videos online at www.expertconsult.com. Use the expert practices described in Tendinopathy and Hip Labral Injuries, part of the expanded Special Topics section, to help patients realize quicker recovery times. Visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations.

biceps tendon repair physical therapy protocol: Manual of Sports Surgery Clarence L. Jr. Shields, 2012-12-06 This manual presents the operations most often performed by surgeons at the Kerlan-Jobe Orthopaedic Clinic (Inglewood, California, 90301) in treating sports injuries. These operations constitute a complete series of basic surgical procedures for the orthopaedist. In its step-by-step drawings, the manual guides surgeons through the operative techniques of specific procedures. It also provides what is equally important for practitioners: the protocols for postoperative care of patients, including the rehabilitation of those who have-and have not-had to undergo surgery. It must also be said that this manual is not a be-all and end-all of surgical interventions and rehabilitative programs for athletes, amateur or professional, who sustain injuries on the playing field. That elusive goal can only be reached by practitioners who attend strictly to all the diagnostic detail available, who select carefully those patients most likely to benefit from their attention and care, and who share with other practitioners their experience and expertise. As far as diagnosis is concerned, there has been a great improvement in the recent past in both noninvasive and invasive procedures that help to establish specific diagnoses and to determine which patients will be served best by a given operation. These new diagnostic tools include the arthrogram in conjunction with the tomogram and the CT scan; the CT scan itself; the arthroscope; and, most recently, the Magnetic Resonance Imaging machine.

biceps tendon repair physical therapy protocol: Canine Rehabilitation and Physical Therapy Darryl Millis, David Levine, 2013-10-25 Bridging the gap between human physical therapy and veterinary medicine, Canine Rehabilitation and Physical Therapy, 2nd Edition provides vets, veterinary students, and human physical therapists with traditional and alternative physical therapy methods to effectively evaluate and treat dogs with various debilitating conditions. Coverage

includes treatment protocols for many types of cutaneous, neurologic, and musculoskeletal injuries to facilitate a faster and more complete recovery. Overall, this book is an extensive text for anyone interested in pursuing canine rehabilitation and physical therapy. Reviewed by: Helen Davies, University of Melbourne on behalf of Australian Veterinary Journal, March 2015. Invaluable protocols for conservative and postoperative treatment ensure the successful healing of dogs and their return to full mobility. Printable medical record forms on the companion website, including client information worksheets, referral forms, orthopedic evaluation forms, and more, can be customized for your veterinary practice. Six completely updated chapters on exercising dogs define the basic principles of aquatic and land-based exercise and how they may be applied to dogs, as well as how physical therapy professionals can adapt common human exercises to dogs. Numerous chapters on therapeutic modalities, including therapeutic lasers, illustrate how physical therapy professionals can adapt common human modalities to dogs. Physical examination chapters offer comprehensive information on orthopedics, neurology, and rehabilitation. New chapters keep you up to date with coverage of joint mobilization, rehabilitation of the athletic patient, biomechanics of rehabilitation, and physical therapy for wound care. A companion website includes 40 narrated video clips of various modalities and exercises used to correct problems with lameness, hip disorders, and gait analysis, plus downloadable and printable orthopedic, neurologic, and physical rehabilitation forms, in addition to a client information worksheet, referral form and letter, and a daily flowsheet form.

biceps tendon repair physical therapy protocol: Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, 2011-02-10. With the combined expertise of leading hand surgeons and therapists, *Rehabilitation of the Hand and Upper Extremity*, 6th Edition, by Drs. Skirven, Osterman, Fedorczyk and Amadio, helps you apply the best practices in the rehabilitation of hand, wrist, elbow, arm and shoulder problems, so you can help your patients achieve the highest level of function possible. This popular, unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management. An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh, authoritative, and truly global perspective while new full-color images and photos provide unmatched visual guidance. Access the complete contents online at www.expertconsult.com along with streaming video of surgical and rehabilitation techniques, links to Pub Med, and more. Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary, comprehensive resource covering the entire upper extremity, now with increased coverage of wrist and elbow problems. Apply the latest treatments, rehabilitation protocols, and expertise of leading surgeons and therapists to help your patients regain maximum movement after traumatic injuries or to improve limited functionality caused by chronic or acquired conditions. Effectively implement the newest techniques detailed in new and updated chapters on a variety of sports-specific and other acquired injuries, and chronic disorders. Keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management. See conditions and treatments as they appear in practice thanks to detailed, full-color design, illustrations, and photographs. Access the full contents online with streaming video of surgical and rehabilitation techniques, downloadable patient handouts, links to Pub Med, and regular updates at www.expertconsult.com. Get a fresh perspective from seven new section editors, as well as an even more geographically diverse set of contributors.

biceps tendon repair physical therapy protocol: Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician Hospital for Special Surgery, JeMe Cioppa-Mosca, Janet B. Cahill, Carmen Young Tucker, 2006-06-08. Designed to help therapists provide post-surgical rehabilitation based on best practices and evidence-based research, this comprehensive reference presents effective guidelines for postsurgical rehabilitation interventions. Its authoritative material is drawn from the most current literature in the field as well as contributions from expert physical therapists, occupational therapists, and athletic trainers affiliated with the Hospital for Special Surgery (HSS).

A DVD accompanies the book, featuring over 60 minutes of video of patients demonstrating various therapeutic exercises spanning the different phases of postsurgical rehabilitation. Examples include hand therapy procedures, working with post-surgical patients with cerebral palsy, sports patient injuries, and pediatric procedures for disorders such as torticollis. - Material represents the best practices of experts with the Hospital of Special Surgery, one of the best known and most respected orthopedic hospitals. - Phases of treatment are defined in tables to clearly show goals, precautions, treatment strategies and criteria for surgery. - Many of the treatment strategies are shown in videos on the accompanying DVD, enabling the user to watch the procedure that is discussed in the text. - Information on pediatric and geriatric patients explores differing strategies for treating these populations. - Treatments specific to sports injuries are presented, highlighting the different rehabilitation procedures available for athletes. - An entire section on hand rehabilitation provides the latest information for hand specialists. - Information on the latest treatment strategies for hip replacement presents complete information on one of the most common procedures. - Easy-to-follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy. - A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process. - Broad coverage addresses both traditional techniques as well as newer methods in a single resource. - Clear photos and illustrations show how to correctly perform the techniques described in the book.

biceps tendon repair physical therapy protocol: *Atlas of Advanced Shoulder Arthroscopy*

Andreas B. Imhoff, Jonathan B. Ticker, Augustus D. Mazzocca, Andreas Voss, 2017-12-15

Arthroscopic surgery has been one of the biggest Orthopedic advances in the last century. It affects people of all ages. Total joint replacement may capture popular imagination, but arthroscopy continues to have a greater effect on more people. This Atlas provides the most up to date resource of advanced arthroscopic techniques, as well as including all the standard procedures. Beautifully illustrated and supported by online videos of the latest techniques, this Atlas will appeal to both experienced shoulder surgeons as well as the orthopedic surgeon seeking to enhance his or her knowledge of shoulder arthroscopy.

biceps tendon repair physical therapy protocol: *Shoulder Arthroscopy* Giuseppe Milano,

Andrea Grasso, Roman Brzóška, Ladislav Kovačič, 2023-07-10 This comprehensive textbook, published in collaboration with ESSKA, now in a revised and updated second edition, covers all major shoulder problems and related arthroscopic treatments. Introductory sections on basic science and the principles of shoulder arthroscopy provide essential information with the aim of enhancing understanding of a wide range of key issues. Shoulder conditions and their treatments are then described according to a learning pathway that will allow readers to improve their knowledge and skills in shoulder arthroscopy, from simple, standardized techniques to more complex and advanced procedures. The new edition includes additional chapters and offers attractive recent surgical solutions to challenging shoulder conditions, such as severe bone loss in shoulder instability and massive and irreparable rotator cuff tears. All chapters are written by expert arthroscopic surgeons who present decision-making algorithms for diagnosis and treatment, provide step-by-step instructions on arthroscopic techniques, identify pitfalls, and describe their personal tips and pearls. A dedicated section on outcomes measurements and experimental models explains the principles of outcome research on the topics addressed in the book.

biceps tendon repair physical therapy protocol: *Therapeutic Programs for Musculoskeletal Disorders* James Wyss, 2012-12-17

Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes. The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case

examples with detailed therapy prescriptions reinforce key points. The book includes a bound-in DVD with downloadable patient handouts for most conditions. Therapeutic Programs for Musculoskeletal Disorders Features: A concise but comprehensive approach to the conservative treatment of musculoskeletal disorders A focus on developing individualized treatment plans incorporating physical modalities, manual therapy, and therapeutic exercise A logical framework for writing effective therapy-based prescriptions for common limb and spine problems Case examples with detailed therapy prescriptions A targeted review of the associated literature in each condition-specific chapter A DVD with illustrated handouts covering home modalities and therapeutic exercises for key problems that can be provided to patients The first reference bringing together physicians, allied health professionals, and residents to provide an integrated foundation for improved team care utilizing an evidence-based approach to musculoskeletal rehabilitation

biceps tendon repair physical therapy protocol: Pathology and Intervention in Musculoskeletal Rehabilitation David J. Magee, James E. Zachazewski, William S. Quillen, Robert C. Manske, 2015-11-20 Design and implement a rehab program on your own with Pathology and Intervention in Musculoskeletal Rehabilitation, 2nd Edition. Part of Magee's popular Musculoskeletal Rehabilitation Series, this pathology text for physical therapists provides clear guidance on patient management relative to specific musculoskeletal pathology, injury, and illness - all based on a sound understanding of basic science and principles of practice. It focuses on the specific pathologies most often seen in the clinic, and discusses the best methods for intervention for the different areas of the body in the context of the tissue-healing model. Each intervention features a rationale, along with the pathology and problem presented; stage of healing; evidence in the literature; and clinical reasoning considerations. Dedicated and focused information on the specific pathologies most often seen in the clinic, as well as the best methods for intervention for the different areas of the body, minimizes duplication of information by referring you to other titles in the Musculoskeletal Rehabilitation Series for basic scientific information regarding inflammation, healing, tissue deformation, and the development of muscular strength and endurance. Trusted experts in musculoskeletal rehabilitation, along with internationally recognized contributors, present the best evidence behind contemporary interventions directed toward the treatment of the impairments and functional limitations associated with acute, chronic, and congenital musculoskeletal conditions occurring across the lifespan. Evidence-based content, with over 4,000 references, supports the scientific principles for rehabilitation interventions, providing the best evidence for the management of musculoskeletal pathology and injury. NEW! The Skin and Wound Healing chapter looks at the numerous tools available to assist in objectively monitoring and treating a patient with an acute or chronic wound. NEW! Rotator Cuff Pathology chapter highlights the anatomy, function, and etiology of the rotary cuff, and addresses rotary cuff injuries, physical examination, and non-operative and operative treatment. UPDATED! Substantially revised chapter on the Thoracic Ring Approach facilitates clinical reasoning for the treatment of the thoracic spine and ribs through the assessment and treatment of thoracic spine disorders and how they relate to the whole kinetic chain. UPDATED! Revised Lumbar Spine - Treatment of Motor Control Disorders chapter explores some of the research evidence and clinical reasoning pertaining to instability of the lumbar spine so you can better organize your knowledge for immediate use in the clinical setting. UPDATED! Significantly revised chapter on the treatment of pelvic pain and dysfunction presents an overview of specific pathologies pertaining to the various systems of the pelvis - and highlights how The Integrated Systems Model for Disability and Pain facilitates evidence-based management of the often complex patient with pelvic pain and dysfunction. NEW! Musculoskeletal Bone and Soft Tissue Tumors chapter covers common bones tumors, anatomic considerations and rehabilitation, pediatric patients, and amputation related to cancer. UPDATED! Thoroughly revised chapters with additional references ensure you get the most recent evidence and information available. NEW! Full color design and illustration program reflects what you see in the physical world to help you recognize and understand concepts more quickly.

biceps tendon repair physical therapy protocol: Orthopaedic Knowledge Update: 14 Leesa

M Galatz, Frederick M Azar, 2023-01-18 Orthopaedic Knowledge Update® 14, edited by Leesa M. Galatz, MD, MBA, FAAOS, and Frederick M. Azar, MD, FAAOS, brings you a comprehensive synthesis of the latest clinical thinking and best practices across all orthopaedic specialty areas. OKU® 14 covers developments of the last three years with revisions and updates based on new evidence, outcomes, and innovations in the recent literature, including annotated references. Keep pace with the rapidly evolving body of orthopaedic knowledge and clinical practice with OKU's objective, balanced coverage. Backed by clinical research, informed by practical experience, and rigorously edited by thought leaders across the orthopaedic specialties, OKU®14 is your most up-to-date resource to guide your delivery of high-quality orthopaedic patient care today.

biceps tendon repair physical therapy protocol: Orthopaedic Rehabilitation of the Athlete Bruce Reider, George Davies, Matthew T Provencher, 2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence-based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete! Practical, expert guidance; a templated, user-friendly format make this rehab reference ideal for any practitioner working with athletes! Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Apply targeted, evidence-based strategies for all internationally popular athletic activities, including those enjoyed by older adults. Ensure optimal care from injury prevention through follow up 2 years post injury. Make safe recommendations for non-chemical performance enhancement.

Related to biceps tendon repair physical therapy protocol

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder

and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed")

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed")

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Related to biceps tendon repair physical therapy protocol

Ruptured Tendon (WebMD10mon) A tendon is the fibrous tissue that attaches muscle to bone in the human body. The forces applied to a tendon may be more than 5 times your body weight. In some rare instances, tendons can snap or

Ruptured Tendon (WebMD10mon) A tendon is the fibrous tissue that attaches muscle to bone in the human body. The forces applied to a tendon may be more than 5 times your body weight. In some rare instances, tendons can snap or

What Is a Biceps Rupture? (WebMD3mon) A biceps tendon rupture is when you tear one of the strong bands of tissue that connect your upper arm muscle to your shoulder or elbow. This injury can cause sudden pain and make it harder to bend or

What Is a Biceps Rupture? (WebMD3mon) A biceps tendon rupture is when you tear one of the strong bands of tissue that connect your upper arm muscle to your shoulder or elbow. This injury can cause sudden pain and make it harder to bend or

What is biceps tenodesis? (Medical News Today3y) Biceps tenodesis is a surgery to repair the biceps tendon. This procedure can help if pain or an injury affects the biceps tendon in and around the shoulder. In biceps tenodesis, a surgeon removes a

What is biceps tenodesis? (Medical News Today3y) Biceps tenodesis is a surgery to repair the biceps tendon. This procedure can help if pain or an injury affects the biceps tendon in and around the shoulder. In biceps tenodesis, a surgeon removes a

Distal Biceps Tendon Ruptures And Repair (Nature8mon) Distal biceps tendon ruptures are injuries that occur when the tendon connecting the biceps muscle to the elbow tears away from the bone. This type of injury is often seen in middle-aged men and can

Distal Biceps Tendon Ruptures And Repair (Nature8mon) Distal biceps tendon ruptures are injuries that occur when the tendon connecting the biceps muscle to the elbow tears away from the bone. This type of injury is often seen in middle-aged men and can

Biceps Tendinitis: What Is It and What to Do About It (Healthline3y) Tendons are pieces of connective tissue that bind your muscles to bones. Like any part of the body, injury or overuse can lead to pain or inflammation in your tendons. This condition is called

Biceps Tendinitis: What Is It and What to Do About It (Healthline3y) Tendons are pieces of connective tissue that bind your muscles to bones. Like any part of the body, injury or overuse can lead to pain or inflammation in your tendons. This condition is called

Back to Home: <https://generateblocks.ibenic.com>