

# PHYSICAL THERAPY PRESCRIPTION

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**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 30-120**
- 4-6 weeks: brace 10-120**
- 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:** \_\_\_\_\_  
**Ajay Gurbani, MD**