

## **Shoulder Biceps Tendinitis Physical Therapy Protocol**

### **Prescription**

- PT / OT 2 times per week x 16 weeks, with 2 refill as needed
- Ordering physician – Erick Marigi, MD (NPI: 1801393509)

### **Points of Emphasis**

1. Goal of the protocol is to reduce pain and inflammation, improve range of motion, and strengthen the shoulder to prevent future injuries. **Function**, rather than time, determines a patient's progress through this protocol. However, we have placed some loose guidelines on timing.

### **Week 0 - 2: Acute Phase (Pain Management and Initial Healing)**

- **Goal:** Reduce pain and inflammation.
- **Rest:** Avoid activities that exacerbate pain, especially overhead activities or heavy lifting.
- **Ice Therapy:** Apply ice to the affected area for 15 - 20 minutes every 2 - 3 hours to reduce inflammation.
- **Gentle Passive ROM:** Gentle movements within a pain-free range to maintain mobility. No forced motion.
- **Isometric Exercises:** Begin with gentle isometric exercises (muscle contractions without moving the joint) to maintain muscle tone without aggravating the tendon.

### **Week 2 – 6: Subacute Phase (Flexibility and Strength Building)**

- **Goal:** Improve flexibility and start building strength.
- **Stretching Exercises:** Gentle stretching for the shoulder, including biceps stretches, to improve flexibility. Perform within a pain-free range.
- **Strengthening Exercises:** Begin with low-resistance exercises focusing on the rotator cuff and scapular stabilizers. Examples include IR and ER with a resistance band, scapular retraction, and shoulder abduction.
- **Eccentric Exercises for Biceps:** Slowly introduce eccentric strengthening exercises for the biceps to improve tendon health.
- **Continue Passive and Active ROM Exercises:** Increase the range as tolerated without pain.

### **Week 6 - 12: Advanced Strengthening and Return to Activity**

- **Goal:** Restore full strength and integrate into functional activities.
- **Advanced Strengthening Exercises:** Increase resistance for exercises gradually, focusing on the entire shoulder complex and upper extremity.
- **Plyometric and Functional Exercises:** Begin light plyometric exercises (if appropriate) and functional activities that mimic daily or sport-specific tasks.
- **Sport-Specific Drills:** If applicable, gradually reintroduce sport-specific activities, starting with low impact drills and gradually increasing intensity.
- **Education:** Teach proper techniques for lifting, posture, and sports to prevent recurrence.

### **Throughout All Phases**

- **Pain Management:** Continue to manage pain as needed with ice, heat, or NSAIDs.
- **Monitor Symptoms:** Adjust activities based on pain + inflammation, avoiding activities that exacerbate Sx.
- **Guidance from the Physical Therapist:** Regular check-ins with a physical therapist to adjust the program as needed based on progress and pain levels.

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.

