



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **SHOULDER BICEPS / LABRUM PAIN / INSTABILITY (NON-OP)**

### **NON-OP PHYSICAL THERAPY PROTOCOL**

**Bryan M. Saltzman, M.D.**

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University  
Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202  
IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280  
317-944-9400

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**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Evaluate and Treat                       Provide patient with home program

Frequency: 2-3 x/week x 6 weeks

#### **Modalities:**

Phonophoresis with 0.05% Fluocinonide

Iontophoresis with 4mg/ml Dexamethasone

Ultrasound



Electrical Stimulation

**Exercises:**

Cervical Stabilization Program

Shoulder Impingement Exercise

Shoulder Gentle Hands on Passive ROM

Scapular Stabilization Program

Instability Strengthening Program

**Special Instructions:**

*Shoulder Muscular Strengthening, Stabilization*

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would  would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**