



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

BICEPS / TRICEP TENDINITIS (NON-OP)

NON-OP PHYSICAL THERAPY PROTOCOL

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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

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317-944-9400

www.bryansaltzmanmd.com

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



Dry Needling*

Electrical Stimulation

Exercises:

Biceps / Triceps Tendinitis Program

Special Instructions:

Isometric and eccentric elbow (biceps / triceps) & forearm strengthening

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: _____

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