

physical therapy for bicep tear

Physical Therapy for Bicep Tear: A Path to Recovery and Strength

physical therapy for bicep tear plays a crucial role in helping individuals regain strength, flexibility, and function after sustaining this common injury. Whether the tear is partial or complete, physical therapy offers a structured and effective approach to healing, reducing pain, and preventing future complications. In this article, we'll explore how targeted rehabilitation works, the stages of recovery, and practical tips to get the most out of your therapy sessions.

Understanding Bicep Tears and Their Impact

A bicep tear typically involves damage to the muscles or tendons that connect the biceps brachii to the shoulder or elbow. These injuries can range from mild strains to full ruptures, often caused by sudden trauma, heavy lifting, or repetitive strain. The biceps muscle is essential for arm movement, particularly in bending the elbow and rotating the forearm, so a tear can significantly impair daily activities.

After a bicep tear, you might experience sharp pain, bruising, swelling, and weakness in the arm. Depending on the severity, treatment options vary from conservative care to surgical repair. Regardless of the approach, physical therapy is a key element in restoring function.

The Role of Physical Therapy for Bicep Tear

Physical therapy focuses on guiding the healing process while avoiding further injury. It combines manual techniques, therapeutic exercises, and education to enhance recovery. For bicep tears, a physical therapist will design a personalized rehabilitation plan based on the injury's extent, your age, lifestyle, and goals.

Goals of Therapy

The main objectives during physical therapy for a bicep tear include:

- Reducing pain and inflammation
- Improving range of motion in the shoulder and elbow
- Restoring muscle strength and endurance
- Enhancing functional use of the arm
- Preventing muscle atrophy and joint stiffness

By addressing these areas, therapy helps you regain normal arm movement and return to your daily routines or sports activities safely.

Stages of Physical Therapy for Bicep Tear

Recovery from a bicep tear through physical therapy typically progresses through several phases, each with specific focuses and interventions.

1. Acute Phase: Protect and Heal

In the initial days or weeks post-injury, the priority is to minimize pain and inflammation. Therapists often recommend rest, ice, compression, and elevation (RICE) to control swelling. Gentle passive range of motion exercises may be introduced to maintain joint mobility without stressing the healing tissue.

During this phase, avoiding heavy lifting or sudden movements is crucial. Your physical therapist might also use modalities like ultrasound or electrical stimulation to promote blood flow and reduce discomfort.

2. Subacute Phase: Regain Mobility

Once the pain subsides and healing progresses, therapy shifts toward restoring flexibility and movement. Active-assisted and active range of motion exercises help to improve shoulder and elbow mobility.

Stretching exercises targeting the biceps and surrounding muscles reduce stiffness and prepare the arm for strengthening. This phase requires careful monitoring to prevent overstretching the injured area, and modifications are made based on your pain levels and progress.

3. Strengthening Phase: Build Muscle and Endurance

Rebuilding strength is a cornerstone of physical therapy for bicep tear recovery. Controlled resistance exercises, such as light dumbbell curls or resistance band workouts, are introduced gradually.

Therapists emphasize proper form and controlled motion to avoid compensatory patterns that could lead to further injury. Strengthening not only focuses on the biceps but also includes surrounding muscles like the rotator cuff and deltoids to enhance overall arm stability.

4. Functional Training: Return to Daily Activities

As strength and mobility improve, therapy incorporates functional exercises that mimic real-life tasks. This might involve lifting objects, pushing, pulling, or sport-specific movements depending on your lifestyle.

Physical therapists often tailor this phase to help patients return safely to work, recreational activities, or athletic pursuits, ensuring the arm is resilient against future strain.

Additional Techniques in Physical Therapy for Bicep Tear

Beyond exercises, therapists may use various hands-on and technological methods to optimize healing.

Manual Therapy

Techniques like soft tissue massage, joint mobilization, and myofascial release can reduce muscle tension, improve circulation, and enhance tissue elasticity around the injury site.

Neuromuscular Re-education

This approach retrains the brain and muscles to coordinate movement patterns correctly, which is especially important after injury when muscle activation can be altered.

Use of Modalities

Cryotherapy (cold therapy), heat therapy, electrical stimulation, and ultrasound can be integrated to manage pain, decrease inflammation, and accelerate tissue repair.

Tips for Maximizing Recovery Through Physical Therapy

Physical therapy is most effective when combined with consistent effort and lifestyle adjustments. Here are some tips to get the best results:

1. **Follow your therapist's instructions:** Adherence to exercise protocols and activity restrictions is critical for healing.

2. **Communicate openly:** Report any pain, discomfort, or difficulties during exercises so your therapist can adjust your plan.
3. **Be patient:** Tissue healing takes time, and pushing too hard too soon can cause setbacks.
4. **Incorporate proper nutrition:** A balanced diet rich in protein and vitamins supports muscle repair.
5. **Maintain overall fitness:** Engage in low-impact activities like walking or swimming to preserve cardiovascular health without stressing the injury.

When Is Surgery Needed and How Does Physical Therapy Help Post-Op?

In cases of complete bicep tendon rupture or when conservative treatment fails, surgery might be necessary to reattach the tendon. Even after surgical repair, physical therapy remains essential.

Post-operative rehabilitation typically begins with gentle passive movements, progressing to active exercises and strengthening over several months. The goal is to regain full function while protecting the surgical repair, preventing scar tissue buildup, and restoring muscle balance.

Preventing Future Bicep Injuries

Once recovered, it's wise to take preventive measures to reduce the risk of re-injury. Physical therapy can educate you on proper lifting techniques, warm-up routines, and strengthening protocols that support muscle health.

Regular conditioning of the biceps and shoulder complex, combined with flexibility training, enhances resilience and performance. Avoiding sudden heavy loads and gradually increasing activity intensity also plays a critical role.

Recovering from a bicep tear can be challenging, but with the guidance of physical therapy, most people achieve significant improvement in strength and function. The individualized nature of therapy ensures that your recovery plan fits your unique needs and goals, helping you regain confidence in your arm's abilities. Whether your injury is mild or severe, engaging actively in physical therapy can make all the difference in getting back to the activities you enjoy.

Frequently Asked Questions

What is the role of physical therapy in treating a bicep tear?

Physical therapy helps restore strength, flexibility, and function to the bicep after a tear. It involves exercises and modalities that promote healing, reduce pain, and improve range of motion.

When should physical therapy begin after a bicep tear?

Physical therapy typically begins after the initial acute phase, usually within 1 to 2 weeks for minor tears or after surgical repair for complete tears, once the doctor approves to avoid further injury.

What types of exercises are included in physical therapy for a bicep tear?

Exercises may include gentle range of motion activities, isometric strengthening, progressive resistance training, and functional movement exercises tailored to the severity of the tear and healing stage.

Can physical therapy help avoid surgery for a bicep tear?

In some cases of partial or mild bicep tears, physical therapy can help manage symptoms and improve function, potentially avoiding surgery. However, complete tears often require surgical intervention followed by therapy.

How long does physical therapy last for a bicep tear?

The duration of physical therapy varies but generally lasts from 6 weeks to 3 months, depending on the severity of the tear and the individual's progress.

Are there specific physical therapy techniques that speed up recovery from a bicep tear?

Techniques such as manual therapy, ultrasound, electrical stimulation, and targeted strengthening exercises can help reduce pain and inflammation and promote tissue healing, speeding up recovery.

What precautions should be taken during physical therapy for a bicep tear?

Precautions include avoiding movements that cause sharp pain, not overstressing the injured tendon early on, following the therapist's guidance closely, and gradually increasing exercise intensity.

How does physical therapy improve function after surgical repair of a bicep tear?

After surgery, physical therapy helps in regaining range of motion, reducing stiffness, rebuilding strength, and restoring normal arm function through a structured and progressive rehabilitation program.

Is pain management part of physical therapy for a bicep tear?

Yes, physical therapy incorporates pain management strategies like ice, heat, manual therapy, and modalities like TENS to alleviate pain and facilitate better participation in rehabilitation exercises.

Can physical therapy completely restore strength after a bicep tear?

While physical therapy significantly improves strength and function, the extent of full recovery depends on the tear severity and treatment method. Many patients regain near-normal strength with consistent therapy.

Additional Resources

Physical Therapy for Bicep Tear: An In-Depth Professional Review

physical therapy for bicep tear plays a pivotal role in the recovery and rehabilitation process following this common muscular injury. Biceps tears, whether partial or complete, can significantly impair arm function, strength, and mobility. While surgical intervention is sometimes necessary, physical therapy often remains a cornerstone in both conservative and post-operative management. This article provides an analytical review of the role of physical therapy in treating bicep tears, exploring its benefits, methodologies, and considerations for optimal patient outcomes.

Understanding Bicep Tears and Their Implications

Bicep tears involve the rupture of the biceps brachii muscle or tendon, often categorized as either proximal (near the shoulder) or distal (near the elbow). These injuries may result from acute trauma, such as lifting heavy objects improperly, or from chronic degeneration, especially in athletes and older adults. The severity ranges from mild strains to complete tendon ruptures, which profoundly affect arm strength and functional capacity.

A torn bicep typically manifests with pain, swelling, bruising, and a noticeable deformity often described as a "Popeye muscle" when the tendon retracts. Beyond these symptoms, patients frequently experience decreased supination and flexion strength, critical movements for daily activities.

The Role of Physical Therapy in Bicep Tear Rehabilitation

Physical therapy for bicep tear is designed to restore function, reduce pain, and enhance muscular strength and flexibility. It serves as a non-invasive treatment option and complements surgical repair when necessary. The therapeutic approach varies depending on the tear's location, severity, and whether surgery was performed.

Conservative Management: When Surgery Isn't an Option

In cases of partial tears or patients with contraindications to surgery, physical therapy becomes the primary treatment modality. Conservative management focuses on:

- **Pain Management:** Techniques such as ice application, ultrasound therapy, and electrical stimulation help mitigate inflammation and discomfort.
- **Range of Motion (ROM) Exercises:** Gentle stretching and passive movements prevent joint stiffness and maintain mobility.
- **Strengthening Exercises:** Gradual introduction of isometric and isotonic exercises to rebuild muscle strength without overloading the healing tissue.
- **Functional Training:** Tailored exercises to restore the patient's ability to perform daily tasks and occupational activities.

Evidence from clinical studies suggests that consistent physical therapy in conservative cases can lead to satisfactory functional outcomes, although some strength deficits may persist compared to surgical repair.

Post-Surgical Rehabilitation: Enhancing Recovery

For complete bicep tendon ruptures, surgical reattachment is often indicated to restore the anatomical structure and strength. Post-operative physical therapy is critical to safeguard the repair during the early healing phase and to progressively restore function.

The rehabilitation protocol is typically divided into stages:

1. **Immobilization Phase (Weeks 0-4):** The arm is immobilized in a sling to protect the repair. Physical therapy focuses on managing pain and edema, as well as maintaining mobility in adjacent joints like the shoulder and wrist.
2. **Early Mobilization Phase (Weeks 4-8):** Passive and assisted active range of motion exercises begin, avoiding excessive stress on the healing tendon.
3. **Strengthening Phase (Weeks 8-12):** Introduction of light resistance exercises targeting the biceps and surrounding musculature to regain strength and endurance.
4. **Advanced Strengthening and Functional Training (Post 12 weeks):** Progressive resistance training and sport-specific or occupational activities are incorporated to facilitate return to full function.

Adherence to a structured physical therapy program post-surgery has been shown to improve tendon healing, minimize stiffness, and optimize strength recovery, reducing the likelihood of re-injury.

Key Techniques and Modalities in Physical Therapy for Bicep Tear

Physical therapists employ a variety of interventions tailored to the patient's stage of recovery and individual needs.

Manual Therapy

Manual techniques such as soft tissue mobilization and joint mobilization help reduce scar tissue formation, improve circulation, and restore normal movement patterns. These hands-on methods can alleviate pain and promote flexibility around the injured area.

Therapeutic Exercises

A progression from passive to active and resisted exercises is fundamental. Early exercises prioritize pain-free mobility, while later stages focus on muscle strengthening, endurance, and neuromuscular control. Closed kinetic chain exercises are sometimes introduced to enhance joint stability without placing excessive strain on the biceps.

Neuromuscular Re-education

Restoring proprioception and coordinated muscle activation is vital, especially for athletes. Techniques such as biofeedback and balance training help retrain the neuromuscular system to function efficiently after injury.

Modalities for Pain and Inflammation Control

Physical therapists often use modalities like cryotherapy, electrical stimulation (TENS), ultrasound, and laser therapy to manage acute symptoms and facilitate tissue healing.

Benefits and Challenges of Physical Therapy for Bicep Tear

The advantages of physical therapy in managing bicep tears are multifaceted:

- **Non-Invasive Approach:** Avoids surgical risks and complications when appropriate.
- **Functional Restoration:** Focuses on regaining strength, flexibility, and daily function.
- **Customized Care:** Programs are tailored to individual injury severity and lifestyle demands.
- **Prevention of Complications:** Minimizes joint stiffness, muscle atrophy, and chronic pain.

Nevertheless, physical therapy is not without challenges. The recovery timeline can be lengthy, often requiring patient commitment and adherence to home exercise programs. In some cases, conservative treatment may not fully restore pre-injury strength or function, necessitating surgical intervention. Additionally, improper or premature loading of the injured tendon can lead to re-injury or delayed healing.

Comparative Perspectives: Physical Therapy Versus Surgical Repair

Choosing between physical therapy alone and surgical repair followed by rehabilitation depends on various factors including patient age, activity level, tear type, and overall health.

Research indicates that surgical repair combined with physical therapy generally yields better outcomes in terms of strength restoration and return to high-demand activities. However, conservative physical therapy remains effective for older or less active individuals and those with partial tears.

A multidisciplinary approach involving orthopedic surgeons and physical therapists ensures appropriate treatment selection and optimized recovery pathways.

Emerging Trends and Future Directions

Advancements in physical therapy techniques and technology continue to enhance the management of bicep tears. Innovations such as:

- **Tele-rehabilitation:** Remote monitoring and guidance improve access to therapy and compliance.
- **Regenerative Therapies:** Integration of platelet-rich plasma (PRP) and stem cell treatments with physical therapy to accelerate healing.
- **Wearable Technology:** Real-time feedback devices assist in monitoring movement patterns and therapy progress.

These developments hold promise for more personalized and efficient rehabilitation strategies.

Physical therapy for bicep tear remains a dynamic and essential component of musculoskeletal care. Its role in pain management, functional restoration, and prevention of long-term disability underscores the importance of evidence-based therapeutic interventions tailored to each patient's unique condition.

Physical Therapy For Bicep Tear

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physical therapy for bicep tear: Postsurgical Orthopedic Sports Rehabilitation Robert C. Manske, 2006-01-01 Written by well-known experts in a reader-friendly style, this is the only book to focus specifically on post-surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients. Content covers basic concepts related to soft tissue healing, as well as core concepts in sports medicine rehabilitation, all of which lay the groundwork for discussions of specific protocols. Detailed descriptions of the latest post-surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans. Includes a separate section on multiple ligament knee injuries. Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting. Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans. The inflammatory response is described, with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder. Protocols based on the most recent research available promotes evidence-based practice. A chapter on rotator cuff injuries includes authoritative, up-to-date information on this topic. A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury, offering current, hands-on information about one of the fastest changing treatment protocols. Contributors are expert therapists and physicians - respected leaders in their field. Each chapter highlights post-op guidelines and protocols in a consistent format that's immediately accessible and easy to reference. Comprehensive information on soft tissue healing is presented. A separate section on multiple ligament knee injuries presents hard-to-find information that's rarely covered in other resources or literature.

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key points appear at the beginning of each chapter.

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physical therapy for bicep tear: Foundations of Orthopedic Physical Therapy Harvey Wallmann, Robert Donatelli, 2024-06-01 A tool for students, educators, and clinicians, *Foundations of Orthopedic Physical Therapy* contains the latest literature in orthopedic physical therapy and guides readers through all elements of orthopedic assessment and treatment. Drs. Harvey Wallmann and Robert Donatelli offer a contemporary, evidence-based approach, working to address the topics that influence clinical decisions when developing rehabilitation and exercise programs. The text is consistent with the concepts and terminology presented in the APTA Guide to Physical Therapist Practice 3.0 and reviews the clinical practice guidelines for different conditions and body regions with an explanation of different levels of evidence. *Foundations of Orthopedic Physical Therapy* emphasizes a comprehensive method to assessment that produces treatment guidelines instead of rigid protocols and incorporates basic principles of evaluation, examination, and clinical reasoning. Each chapter contains author comments focusing on their perception of an effective patient intervention, evidence-based support for their decisions, and illustrative client case studies featuring unique and diverse patients who require specific interventions related to their orthopedic issues. Five main areas are addressed: Foundations of orthopedic rehabilitation Upper extremity Lower extremity Spinal column Special topics in orthopedic rehabilitation *Foundations of Orthopedic Physical Therapy* is the perfect guide for students intending to work with the orthopedic population in the treatment and intervention of injuries, pathologies, and disorders, or practicing physical therapists who want to expand their knowledge.

physical therapy for bicep tear: 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.

physical therapy for bicep tear: 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.

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physical therapy for bicep tear: Tendinopathy Kentaro Onishi, Michael Fredericson, Jason L. Dragoo, 2021-06-09 This comprehensive office guide will provide up-to-date diagnostic and management information for various tendinopathies seen in the clinic. Opening chapters discuss the basic science of tendons: physiology, pathophysiology and biomechanics, including mechano-transduction. Subsequent chapters focus anatomically on both the upper and lower extremities, from the rotator cuff to the wrist and hand, and from the groin and gluteus down to the foot and ankle. Each of these chapters follows a concise, easy-to-use format, consisting of an introduction followed by clinical presentation, physical examination, imaging and radiographic grading, and treatment strategies both surgical and non-surgical, including indications for surgical referral. The concluding chapters present emerging mechanical, orthobiologic and chemical in-office procedures as well as emerging operative techniques. Practical and user-friendly, *Tendinopathy* will be an excellent resource for sports medicine specialists, orthopedic surgeons, physical therapy and rehabilitation specialists, and any other clinicians treating these common athletic injuries.

physical therapy for bicep tear: *Functional Soft Tissue Examination and Treatment by Manual Methods* Warren I. Hammer, 2005 This second edition of this very successful book includes chapters written by experts in the methods of manual treatment and provides step-by-step instructions on how to examine your patient using a logical sequence of passive, contractile, and special tests, and how to relate findings to biomechanical problems and lesions. Included are hundreds of diagrams, photographs, illustrations, and summary charts. In this second edition, chapters from the first edition have been thoroughly revised and updated and new material has been added on Myofascial Release, Somatics, Post-Facilitation Stretch, Friction Massage, Hypo- and Hyperpronation of the Foot, Strain and Counter Strain, Gait, the Extremities, and the Spine.

physical therapy for bicep tear: Physician Assistant: a Guide to Clinical Practice Ruth Ballweg, Darwin Brown, Daniel Vetrosky, 2013-01-01 Here's the only book dedicated to giving you the complete information that you need to become an effective Physician Assistant and maintain those high standards in practice. This up-to-date edition covers all aspects of the physician assistant profession, the PA curriculum, and the PA's role in practice, all in an easy-to-use textbook format that features convenient tables and clear illustrations, as well as case studies and clinical application questions. You'll find this book invaluable throughout your course of study, when entering the job market, and as an excellent reference in clinical practice. And, with this Expert Consult title, you'll be able to search the entire contents of the book, online, from anywhere. Covers all the core competencies that you need to master for year one or for recertification, so you can excel. Gives you the information you need on all of the rotations and practice areas that are open to you to help you make the right decisions. Offers practical Pros and Cons box for each rotation and area of practice to aid in day-to-day decision making. Utilizes a fresh new two color format for better visual guidance. Focuses on clinical information with case studies included at the end of each chapter. Includes a new chapter on evidence-based medicine to prepare you for daily practice. Provides Expert Consult access so you can search the entire contents of the book, online. Includes a new chapter on Physician Assistants in international medicine to keep you on the cutting edge. Your purchase entitles you to access the website until the next edition is published, or until the current edition is no longer offered for sale by Elsevier, whichever occurs first. If the next edition is published less than one year after your purchase, you will be entitled to online access for one year from your date of purchase. Elsevier reserves the right to offer a suitable replacement product (such as a downloadable or CD-ROM-based electronic version) should access to the website be discontinued.

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seen in today's clinical settings, including strains, sprains, overuse injuries, and inflammatory and arthritic conditions. It explains each problem, how a typical patient describes the discomfort, what to look for during the examination, when to request X-rays, and how to draw a sound diagnosis from clinical observations. The text features updated tables of supports, braces, and casts that make it easy to choose the most efficient and cost-effective immobilizers. Features the expertise of Dr. Bruce Carl Anderson, a world authority on orthopedic practice in primary care. Presents straightforward, proven how-tos for the 52 most common orthopedic problems-20 new to this edition. Offers detailed descriptions and simple but effective anatomical drawings that demonstrate the 37 most effective local injection sites. Features 30 ready-to-copy patient information sheets that show patients how to do rehabilitation exercises. Includes many at-a-glance tables that compare dosages * outline costs * detail the uses of injectable corticosteroids, NSAIDs, and calcium supplements * and show supports, braces, and casts. Covers new treatments that have become more common in recent years, such as treatment for geriatric patients and exercise-related injuries. Features expanded patient education content, including more patient handouts than ever. Includes 100 new anatomical drawings.

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physical therapy for bicep tear: Arthroscopic Surgery William B. Stetson, 2024-04-24 Arthroscopic Surgery - New Perspectives addresses cutting-edge topics in shoulder and knee surgery. The book discusses challenging situations faced by orthopedic surgeons, such as SLAP

tears, rotator cuff tears, meniscal ramp lesions, and ACL reconstruction. For shoulder surgeons, the book reviews the indications and techniques of SLAP repair and rotator cuff repair. Regarding SLAP lesions, the book discusses the role of repair versus biceps tenodesis and why technique is so important in making sure patients do not lose motion and are able to get back to their sports and lifestyles. Chapters also discuss treatment modalities for rotator cuff tears, including arthroscopic treatment of massive tears and the role of biologics to enhance repair. For knee surgeons, the book discusses hidden lesions of the knee known as ramp lesions as well as the arthroscopic techniques for repairing these difficult tears. Regarding ACL tears, the book highlights the many types of grafts along with their advantages and disadvantages. There is also a chapter on the technique of hamstring harvesting. Whether you are a specialist or a generalist, *Arthroscopy Surgery - New Perspectives* has something for you.

physical therapy for bicep tear: Handbook of Physical Medicine and Rehabilitation

Marlis Gonzalez-Fernandez, Stephen Schaaf, 2021-08-30 *Handbook of Physical Medicine and Rehabilitation* is a concise but broad reference dedicated to the day-to-day needs of those in physiatric practice, including trainees and other clinicians faced with rehabilitation problems. Contributors from leading rehabilitation programs and centers come together in this unique handbook to provide expert guidance into management techniques for a variety of diagnoses and clinical problems. Structured in its approach and focused on clinical care delivery, this essential resource is designed to help practitioners navigate the PM&R landscape with insight into conditions and issues encountered in everyday practice regardless of setting. Designed for on-the-go reference, chapters are organized within sections from A to Z, beginning with management by diagnosis to address topics spanning the spectrum of practice from amputations and prosthetics, cardiac rehabilitation, multiple sclerosis, and stroke to traumatic brain injury plus more. A dedicated section focusing on musculoskeletal management of common injuries throughout the body is followed by reviewing management for a range of problems, including but not limited to anxiety, bladder and bowel, fatigue, infections, pain management, and seizures. A final section evaluates diagnostics, modalities, equipment, and technology to explore topics of EEG, EMG, neuropsychological evaluation, tracheostomy, and more. Throughout, chapters feature core definitions for the disorder or problem, its etiology and pathophysiology, diagnostic approaches, treatment methods, functional prognosis and outcomes, and suggested order sets in a systematic manner for targeted access. Complete with flow charts, diagrams, and tables, *Handbook of Physical Medicine and Rehabilitation* is the essential manual to all topics PM&R. Key Features: Addresses management by diagnosis and problem for the full range of physiatric conditions and injuries Portable size and format for quick point-of-care problem-solving Provides inpatient rehabilitation and outpatient clinic order sets for the most common diagnoses Loaded with need-to-know assessment and rating scales, practice guidelines, and more

physical therapy for bicep tear: Clinical Guide to Musculoskeletal Medicine

S. Ali Mostoufi, Tony K. George, Alfred J. Tria Jr., 2022-05-10 This unique clinical guide will explore specific evidence-based literature supporting physical therapist guided exercises and interventional treatments for commonly prevalent orthopedic spine and extremity presentations. Using this book, the sports medicine and interventional pain physician will be better able to coordinate therapy exercises after interventional treatments with their physical therapy colleagues. This will include a treatment course that will monitor progress in restoring and accelerating patients' function. A myriad of musculoskeletal conditions affecting the spine, joints and extremities will be presented, including tendinopathies, bursopathies, arthritis, fractures and dislocations - everything a clinician can expect to see in a thriving practice. Each chapter, co-authored by a physician and a physical therapist, will follow a consistent format for ease of accessibility and reference - introduction to the topic; diagnosis; medical, interventional, and surgical management - and will be accompanied by relevant radiographs, figures and illustrations. Additional topics include osteoarthritis, rheumatic disorders, entrapment syndromes, the use of orthobiologics, and more. Comprehensive enough to function as a learning tool, but practical and user-friendly enough for quick reference, *Clinical Guide*

to Musculoskeletal Medicine will be an essential resource for sports medicine physicians, interventional and physical therapists.

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