

Madigan Army Medical Center

Musculoskeletal Treatment Guidelines

BICEPS TENDONITIS

Diagnosis/Definition

- Results from overuse microtrauma of the biceps tendon unit secondary to repetitive flexions and/or supination.

Initial Diagnosis and Management

- History and physical examination.
- Rest of the affected muscle-tendon bone unit
- Ice compression.
- NSAIDs
 - Adults - 200 to 400 milligrams (mg) every four to six hours as needed for up to 2 weeks. Example: Ibuprofen
 - Take tablet or capsule forms of these medicines with a full glass (8 ounces) of water.
 - Do not lie down for about 15 to 30 minutes after taking the medicine. This helps to prevent irritation that may lead to trouble in swallowing.
 - To lessen stomach upset, these medicines should be taken with food or an antacid
- Elevation and support
- Appropriate restrictions of activity.

Ongoing Management and Objectives

- Rest is individualized depending upon severity
- Flexibility and strengthening exercises
- Ice for 10 to 15 mins with hourly reapplication.
- Elevate arm frequently with compressive wraps.

Indication a Profile is needed

- Any limitations that affect strength, range of motion, and general efficiency of upper arm, shoulder girdle, and upper back, including cervical and thoracic vertebrae.
- Slightly limited mobility of joints, muscular weakness, or other musculo-skeletal defects that may prevent hand-to-hand fighting and disqualifies for prolonged effort.
- Defects or impairments that require significant restriction of use

Specification for the profile

- Week 1-4

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- No upper body PT requiring pulls e.g. pull-ups, rowing, weight training
- No lifting with affected arm
- No low crawl
- No stretcher duty with affected arm

Patient/Soldier Education or Self care Information

- Please see attached sheet
- Demonstrate deficits that exist
 - Describe/show soldier his/her limitations
- Explain injury and treatment methods
 - Use diagram attached to describe injury, location and treatment.
- Instruct and demonstrate rehab techniques
 - Demonstrate rehab exercises as shown in attached guide
 - Warm up before any sports activity
 - Participate in a conditioning program to build muscle strength
 - Do stretching exercises daily
- Ask the patient to demonstrate newly learned techniques and repeat any other instructions.
- Fine tune patient technique
- Correct any incorrect ROM/stretching demonstrations or instructions by repeating and demonstrating information or exercise correctly.
- Encourage questions
 - Ask soldier if he or she has any questions
- Give supplements such as handouts
- Schedule follow up visit
 - If pain persists
 - The pain does not improve as expected
 - Patient is having difficulty after three days of injury
 - Increased pain or swelling after the first three days
 - Patient has any questions regarding care

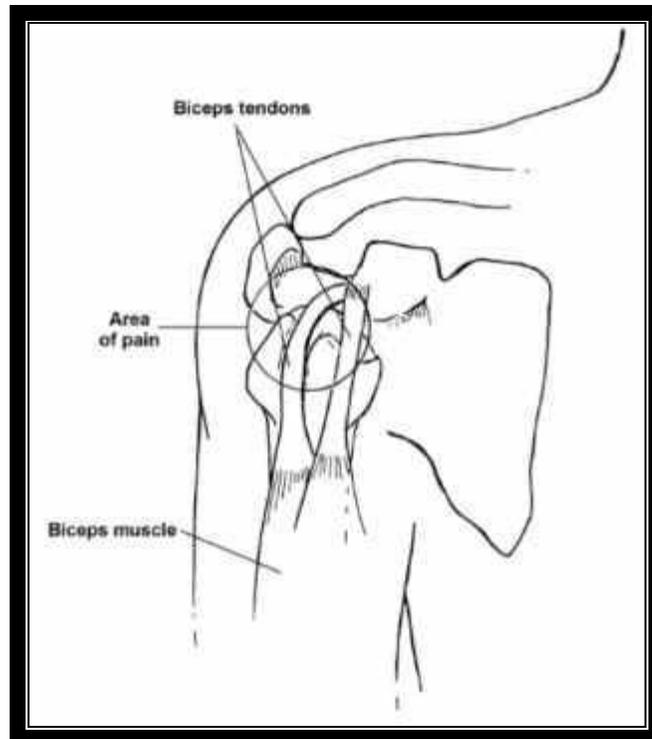
Indications for Referral to Specialty Care

- Successfully managed by the primary care physician but refractory cases may mandate a referral.

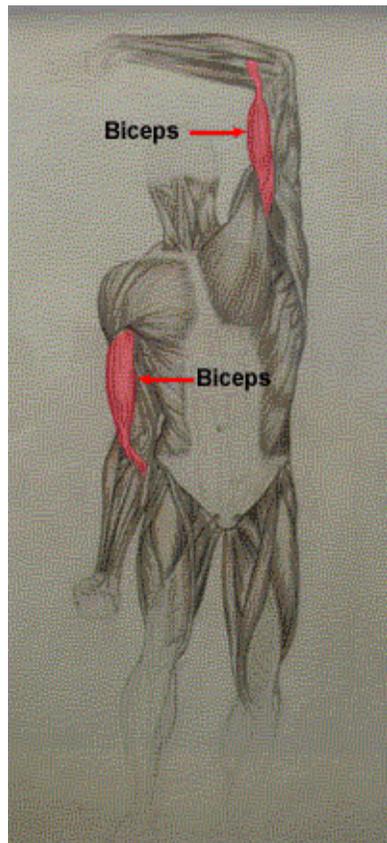
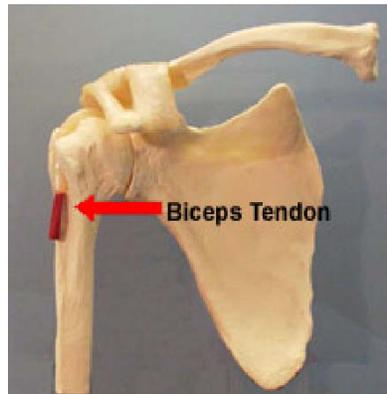
Referral criteria for Return to Primary Care

- Completed specialty care.

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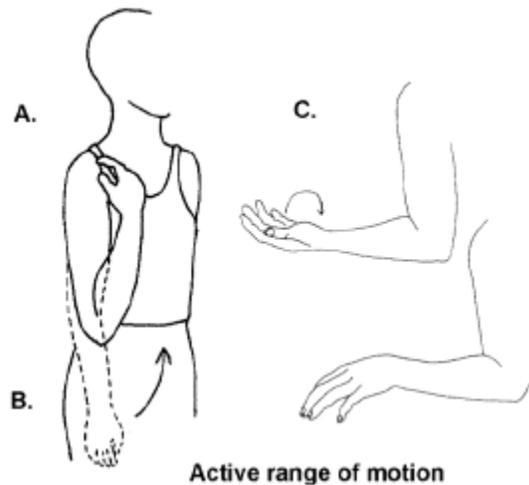


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Exercises



Flexion: gently try to bend your elbow, bringing your hand toward your shoulder, palm up. Hold for 5 seconds. Repeat 10 times. Do 3 sets.

Extension: Gently relax your arm out straight. Hold 5 seconds. Repeat 10 times. Do 3 sets.

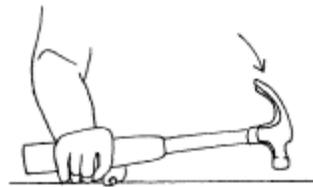
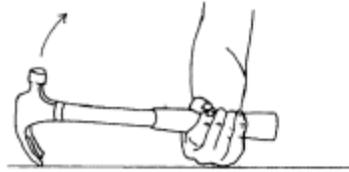
Pronation and supination: With your elbow bent at a 90-degree angle, move your forearm so your palm faces up and then faces down. Hold each position for 5 seconds. Repeat palm up and palm down 10 times each. Do 3 sets.



Biceps strengthening:

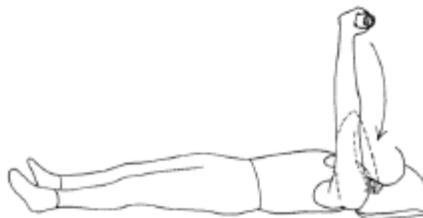
Begin by holding a soup can or similar object in your hand. Bend your elbow by bringing your hand toward your shoulder. Hold 5 seconds. Repeat 10 times. Do 3 sets.

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Pronation and supination strengthening

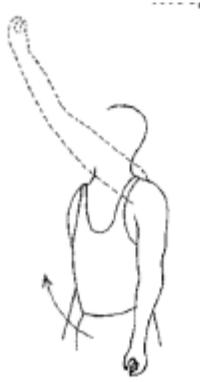
Hold a hammer in your hand. With your elbow bent at a 90- degree angle, move your forearm so your palm faces up and then faces down. Hold each position 10 seconds. Repeat palm up and palm down 10 times each. Do 3 sets.



Triceps strengthening:

Lie on your back with your injured arm pointing toward the ceiling. Hold a lightweight in your hand. Bend your elbow completely, so that your hand is resting on the same shoulder and your elbow is pointing toward the ceiling. Straighten the elbow completely so that your hand is pointing toward the ceiling. Return to the starting position. Repeat 10 times. Do 3 sets. Increase the amount of weight when this becomes too easy.

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Shoulder flexion strengthening:

Stand with your injured arm hanging down at your side. Keeping your elbow straight, bring your arm forward and up toward the ceiling. Hold this position for 5 seconds. Repeat 10 times. Do three sets. When this becomes too easy, hold a weight.

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PHYSICAL PROFILE						
For use of this form, see AR 40-501; the proponent agency is the Office of The Surgeon General						
1. MEDICAL CONDITION BICEPS TENDONITIS					2.	
					P	U
					L	H
					E	S
3. ASSIGNMENT LIMITATIONS ARE AS FOLLOWS WEEKS 1 -4 , NO UPPER BODY PT REQUIRING PULLS, NO OVERHEAD ACTIVITIES, NO LIFTING WITH AFFECTED ARM, NO LOW CRAWL, AND NO STRETCHER DUTY WITH AFFECTED ARM.					CODES	
4. THIS PROFILE IS <input type="checkbox"/> PERMANENT <input checked="" type="checkbox"/> TEMPORARY EXPIRATION DATE:						
5. THE ABOVE STATED MEDICAL CONDITION SHOULD NOT PREVENT THE INDIVIDUAL FROM DOING THE FOLLOWING ACTIVITIES						
<input checked="" type="checkbox"/> Groin Stretch	<input checked="" type="checkbox"/> Thigh Stretch	<input checked="" type="checkbox"/> Lower Back Stretch	<input type="checkbox"/> Neck & Shoulder Stretch	<input type="checkbox"/> Neck Stretch		
<input checked="" type="checkbox"/> Hip Raise	<input checked="" type="checkbox"/> Quads Stretch & Bal.	<input checked="" type="checkbox"/> Single Knee to Chest	<input type="checkbox"/> Upper Back Stretch	<input checked="" type="checkbox"/> Ankle Stretch		
<input checked="" type="checkbox"/> Knee Bender	<input checked="" type="checkbox"/> Calf Stretch	<input checked="" type="checkbox"/> Straight Leg Raise	<input type="checkbox"/> Chest Stretch	<input checked="" type="checkbox"/> Hip Stretch		
<input type="checkbox"/> Side-Straddle Hop	<input checked="" type="checkbox"/> Long Sit	<input type="checkbox"/> Elongation Stretch	<input type="checkbox"/> One-Arm Side Stretch	<input type="checkbox"/> Upper Body Wt Tng		
<input checked="" type="checkbox"/> High Jump	<input checked="" type="checkbox"/> Hamstring Stretch	<input checked="" type="checkbox"/> Turn and Bounce	<input type="checkbox"/> Two-Arm Side Stretch	<input checked="" type="checkbox"/> Lower Body Wt Tng		
<input checked="" type="checkbox"/> Jogging in Place	<input checked="" type="checkbox"/> Hams. & Calf Stretch	<input checked="" type="checkbox"/> Turn and Bend	<input type="checkbox"/> Side Bender	<input type="checkbox"/> All		
6. AEROBIC CONDITIONING EXERCISES		7. FUNCTIONAL ACTIVITIES		8. TRAINING HEART RATE FORMULA		
<input checked="" type="checkbox"/> Walk at Own Pace and Distance		<input type="checkbox"/> Wear Backpack (40 Lbs.)		MALES 220 FEMALES 225		
<input checked="" type="checkbox"/> Run at Own Pace and Distance		<input checked="" type="checkbox"/> Wear Helmet		MINUS (-) AGE		
<input checked="" type="checkbox"/> Bicycle at Own Pace and Distance		<input type="checkbox"/> Carry Rifle		MINUS (-) RESTING HEART RATE		
<input type="checkbox"/> Swim at Own Pace and Distance		<input type="checkbox"/> Fire Rifle		TIMES (X) % INTENSITY		
<input checked="" type="checkbox"/> Walk or Run in Pool at Own Pace		With Hearing Protection		PLUS (+) RESTING HEART RATE		
<input type="checkbox"/> Unlimited Walking		<input checked="" type="checkbox"/> KP/Mopping/Mowing Grass		_____		
<input type="checkbox"/> Unlimited Running		<input checked="" type="checkbox"/> Marching Up to <u>2</u> Miles		50% EXTREMELY POOR CONDITION		
<input type="checkbox"/> Unlimited Bicycling		<input checked="" type="checkbox"/> Lift Up to <u>15</u> Pounds		60% HEALTHY, SEDENTARY INDIVIDUAL		
<input type="checkbox"/> Unlimited Swimming		<input type="checkbox"/> All		70% MODERATELY ACTIVE, MAINTENANCE		
<input type="checkbox"/> Run at Training Heart Rate for ____ Min.		PHYSICAL FITNESS TEST		80% WELL TRAINED INDIVIDUAL		
<input type="checkbox"/> Bicycle at Training Heart Rate for ____ Min.		<input checked="" type="checkbox"/> Two Mile Run				
<input type="checkbox"/> Swim at Training Heart Rate for ____ Min.		<input type="checkbox"/> Walk				
		<input type="checkbox"/> Push-Ups				
		<input type="checkbox"/> Sit-Ups				
		<input checked="" type="checkbox"/> Bicycle				
9. OTHER						
TYPED NAME AND GRADE OF PROFILING OFFICER			SIGNATURE		DATE	
TYPED NAME AND GRADE OF PROFILING OFFICER			SIGNATURE		DATE	
ACTION BY APPROVING AUTHORITY						
PERMANENT CHANGE OF PROFILE <input type="checkbox"/> APPROVED <input type="checkbox"/> NOT APPROVED						
TYPED NAME, GRADE & TITLE OF APPROVING AUTHORITY			SIGNATURE		DATE	
ACTION BY UNIT COMMANDER						
THIS PERMANENT CHANGE IN PROFILE SERIAL <input type="checkbox"/> DOES <input type="checkbox"/> DOES NOT REQUIRE A CHANGE IN MEMBER'S						
<input type="checkbox"/> MILITARY OCCUPATIONAL SPECIALTY <input type="checkbox"/> DUTY ASSIGNMENT BECAUSE:						
TYPED NAME AND GRADE OF UNIT COMMANDER			SIGNATURE		DATE	
PATIENT'S IDENTIFICATION (For typed or written entries give: Name (last, first, middle); grade; SSN; hospital or medical facility)				UNIT		
				ISSUING CLINIC AND PHONE NUMBER		
				DISTRIBUTION		
				UNIT COMMANDER - ORIGINAL & 1 COPY		
				HEALTH RECORD JACKET - 1 COPY		
				CLINIC FILE - 1 COPY		
				MILPO - 1 COPY		

DA FORM 3349, MAY 86

REPLACES DA FORM 5302-R (TEST) DATED FEB 84 AND DA FORM 3349 DATED 1 JUN 80, WHICH ARE OBSOLETE.
USAPPC V1.00

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PATIENT INFORMATION

What is biceps tendonitis?

Tendons are connective tissue bands that attach muscles to bones. The biceps muscle is located in the front part of the upper arm and attaches at the elbow and in two places at the shoulder. Biceps tendonitis, also called bicipital tendonitis, is inflammation that causes pain in the front part of the shoulder or upper arm.

How does it occur?

Biceps tendonitis occurs from overuse of the arm and shoulder or from an injury to the biceps tendon.

What are the symptoms?

You feel pain when you move your arm and shoulder, especially when you move your arm forward over shoulder height. You feel pain when you touch the front of your shoulder.

How is it diagnosed?

Your health care provider will examine your arm and shoulder for tenderness along the biceps muscle and biceps tendons.

How is it treated?

Treatment may include:

- placing ice packs on your shoulder for 20 to 30 minutes every 3 to 4 hours for 2 or 3 days or until the pain goes away
- taking anti-inflammatory medication
- getting an injection of a corticosteroid medication to reduce the inflammation and pain
- doing rehabilitation exercises.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your activity will be determined by how soon your shoulder recovers, not by how many days

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or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

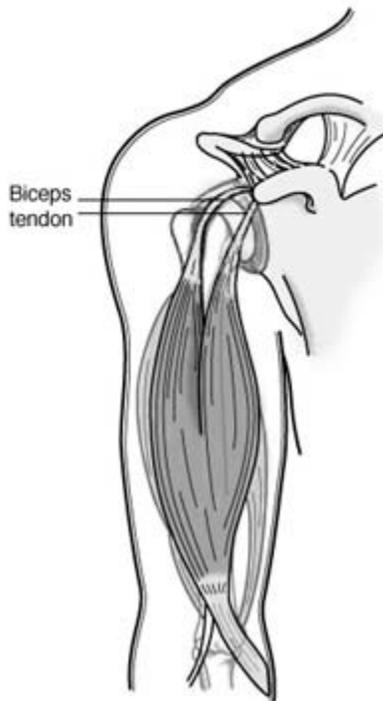
You may safely return to your sport or activity when:

- Your injured shoulder has full range of motion without pain.
- Your injured shoulder has regained normal strength compared to the uninjured shoulder.

In throwing sports, you must gradually rebuild your tolerance to throwing. This means you should start with gentle tossing and gradually throw harder. In contact sports, your shoulder must not be tender to touch and contact should progress from minimal contact to harder contact.

How can I prevent biceps tendonitis?

You can best prevent biceps tendonitis by doing a proper warm-up and stretching exercises for your arm and shoulder before your activity.



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Input was provided by:

- Occupational Therapy Clinic
- Physical Therapy Clinic
- Orthopedic Clinic
- Family Practice Clinic
- Okubo Clinic
- 555 Engineers
- 1st Brigade
- 3rd Brigade
- 62nd Medical Brigade

POC:

Outcome Management

References:

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- http://www.abcbodybuilding.com/biceps_tendonitis_rehabilitation.htm
- http://www.abcbodybuilding.com/biceps_tendonitis.htm