



# Upper Extremity Physical Therapy Prescription



## Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: R / L

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

- |   |  |   |   |
|---|--|---|---|
| <b>GENERAL</b>                              | <b>MANUAL THERAPY</b>                            | <b>THERAPEUTIC EXERCISE</b>                 | <b>SPORT/WORK TRAINING</b>  |
| <input type="checkbox"/> Evaluate and Treat | <input type="checkbox"/> Electrical Stimulation  | <input type="checkbox"/> Gait and Balance   | <input type="checkbox"/> Focus HEP                                |
| <input type="checkbox"/> Modalities per PT  | <input type="checkbox"/> Massage Therapy         | <input type="checkbox"/> Proprioception Tx  | <input type="checkbox"/> ADL Training                             |
| <input type="checkbox"/> Cold/Cryotherapy   | <input type="checkbox"/> Dry Needling            | <input type="checkbox"/> Aquatic Therapy    | <input type="checkbox"/> Work Specific Training                   |
| <input type="checkbox"/> Compression Pump   | <input type="checkbox"/> AROM                    | <input type="checkbox"/> Eccentric Training | <input type="checkbox"/> Sport Specific Training                  |
| <input type="checkbox"/> Iontophoresis      | <input type="checkbox"/> PROM Stretching Program | <input type="checkbox"/> Plyometrics        | <input type="checkbox"/> Functional/Return to Sport Testing (FST) |

- SHOULDER**
- Rotator Cuff Program*
- PROM Stretching program
  - Distract and Stretch (focus IR/ER)
  - Strengthening of RC, no thumb down exercises
  - Periscapular Strengthening
  - Emphasize Serratus & Infraspinatus exercises
  - Watch scapula and keep retracted during all exercise

- Scapular Dyskinesia*
- Strengthening of RC, no thumb down exercises
  - Periscapular Strengthening
  - Emphasize Serratus & Infraspinatus exercises
  - Watch scapula and keep retracted during all exercise
  - McConnell taping of scapula into retraction 2 times per week, leave on \_\_\_\_\_

- Throwers/Overhead Athletes*
- PROM Stretching Program (goal is 120-130 degrees of ER)
  - Periscapular Strengthening
  - Emphasize Serratus & Infraspinatus exercises
  - Kibler Integrated Exercises
  - Instruct home Sleeper Stretch and Posterior capsule stretch
  - Watch scapula and keep retracted during all exercise
  - Hip + Core Rehab
    - Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
    - Hip Rotation (Lead hip Abduction, bilateral IR + ER)
  - Throwers 10 exercises

- Adhesive Capsulitis*
- PROM Stretching program
  - Manual GH Glides
  - Joint Mobilization
  - Distract and Stretch (focus IR/ER)
  - When pain-free ROM, transition to RC Strengthening program

- ELBOW**
- Lateral/Medial Epicondylitis (Tennis and Golfer's Elbow) Program
- PROM Stretching Program
  - Focus ECCENTRIC Training
  - Counter-force bracing
  - Fist Clench/Grip Strength
  - Forearm Supination/Pronation with dumbbells
  - Wrist extensors/flexors

Signature: \_\_\_\_\_

Date:  
Stephen G. Thon, MD

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