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STEPHEN THON, MD

ORTHOPEDIC & SPORTS MEDICINE SURGEON

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Upper Extremity - Physical Therapy Prescription

Please fax weekly assessments/progress notes directly to DM Ortho at 303-789-3010

Name: _____

Date: _____

Diagnosis: R / L

Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks, Therapy to start _____

GENERAL

- Evaluate and Treat
- Modalities per PT
- Cold/Cryotherapy
- Compression Pump
- Iontophoresis

MANUAL THERAPY

- Electrical Stimulation
- Massage Therapy
- Dry Needling
- AROM
- PROM Stretching Program

THERAPEUTIC EXERCISE

- Gait and Balance
- Proprioception Tx
- Aquatic Therapy
- Eccentric Training
- Plyometrics

SPORT/WORK TRAINING

- Focus HEP
- ADL Training
- Work Specific Training
- Sport Specific Training
- 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
 - o Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
 - o 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

WRIST

Signature: _____

Date: _____