

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS: (LEFT / RIGHT) _____

DATE _____

ELBOW PHYSICAL THERAPY PRESCRIPTION

___ Range of motion (Active, Active Assisted, Passive),
Flex/ Ex/ Pro/ Supination

___ Passive stretching Wrist Extensors and Flexors
Begin with Elbow flexed
Progress to stretching with Elbow in extension

___ Strengthening: Begin if range of motion is near full: Biceps, Triceps, Wrist Flexors, Wrist Extensors,
Resisted pronation and supination. Can begin with Isometric exercises, then progress to
concentric and eccentric exercise as tolerated.

___ Ice before and after rehab exercises

___ Modalities (stim. Ionto, US)

Treatment: _____ times per week Duration: _____ weeks ___ Home Program

** Please send progress notes.

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC