

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS ( LEFT / RIGHT ) DEBRIDEMENT AND REPAIR OF COMMON EXTENSOR OR FLEXOR (TREATMENT OF EPICONDYLITIS):      DATE OF SURGERY \_\_\_\_\_

### ELBOW PHYSICAL THERAPY PRESCRIPTION

#### Postop

\_\_\_ Sling for comfort 7 days, finger and gentle wrist ROM OK.

#### 7 days – 4 weeks—hinged elbow brace

\_\_\_ Begin with Progressive Range of Motion exercises at 7-10 days

\_\_\_ Begin Passive and Active Range of Motion exercises for the Elbow / Wrist / Hand

#### 4 weeks – 6 weeks

\_\_\_ Begin with Isometric exercises of repaired muscle group

#### 6 weeks

\_\_\_ Begin Concentric and Eccentric exercises of repaired muscle group with modalities as necessary

#### 3-4 months

\_\_\_ Return to lifting and sports when strength is symmetric

Treatment: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_

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