



World-Class Team. Hometown Choice.

## ANDREW A. WILLIS, M.D.

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### HAND/WRIST & UPPER EXTREMITY THERAPY PRESCRIPTION:

**Patient Name:** Joseph Heuneman

**Date:** 11-21-2023

**Site:** L

**Diagnosis:** Left Hand Middle Finger Bony Mallet Finger DIPJ **DOI:** 11-19-2023 **Frequency:** 2x /wk, 6 wks

#### MODALITIES:

Modalities as needed

Iontophoresis

Phonophoresis

Ultrasound

Contrast Baths

Parafin

Soft Tissue Manipulation

Sensory Re-education  
& Desensitization

Cold Pack

Moist Heat

Massage

NMES

TENS

Whirlpool

Scar Management

Fluidotherapy

#### EXERCISE:

PROM → AAROM → AROM

Range of Motion Therapy → DIPJ

Edema Control

Serial Finger Casting Full Time x 6 weeks

→ Then Night Time Splinting x 4 weeks

→ Then Wean Off

Patient Education / Home Exercises)

#### DRESSINGS/WOUND CARE:

Dressing changes (Frequency: \_\_\_\_ x \_\_\_\_ wks)

Sterile Dry Dressing

Wet → Dry Dressing

Non-adherent Dressing

Warm Soaks (Frequency: \_\_\_\_ x \_\_\_\_ wks)

Wound Debridement => Local Wound / Nailbed Care

Pin Care: 1/2 strength H<sub>2</sub>O<sub>2</sub> w/ Saline (BID / TID)

#### WORK REHABILITATION:

Work Site & Work Task Analysis

Work Conditioning / Hardening

Ergonomic Instruction / Education

Upper Extremity Strengthening / Endurance

#### EQUIPMENT/SUPPLIES:

Scar Remodeling

Silicone Gel Sleeve

Cock-up Wrist Splint

Elbow Pad (Heelbo)

Finger Buddy Straps

Putty

Elastomer

Pulleys

Therabands

#### CUSTOM SPLINT FABRICATION:

Mallet Finger Extension Splint

- Serial Finger Casting x 6 weeks → Then Night Time Splinting x 4 weeks → Then Wean Off

Please send progress notes.

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

(I have medically prescribed the above treatments)

Andrew A. Willis, M.D., FAAOS

Orthopaedic Surgeon

Fellowship Trained in Sports Medicine & Surgery of the Hand and Upper Extremity