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HAND/WRIST & UPPER EXTREMITY THERAPY PRESCRIPTION:

Patient Name: Julius Madden

Date: 2/7/24

Site: (R) L

Diagnosis:

DOI / DOS: 1/23/24

Frequency: 2-3x/wk, 6 wks

MODALITIES:

Modalities as needed
Iontophoresis
Phonophoresis
Ultrasound
Contrast Baths
Paraffin
Soft Tissue Manipulation
Sensory Re-education
& Desensitization

Cold Pack
Moist Heat
Massage
NMES
TENS
Whirlpool
Scar Management
Hydrotherapy

EXERCISE:

AROM (Limits: see below)
AAROM (Limits: see below)
PROM (Limits: see below)
Tendon Gliding
Nerve Gliding
Functional ADL's
Coordination Training
Strengthening & Endurance Program (UE & Grip)
(Patient Education / Home Exercises)

EDEMA CONTROL:

Edema Control Techniques
Coban
Finger Sleeves / Compression Stockings
Jobst Sleeve
Elastic Wrap
Isotoner

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: ½ strength H₂O₂ w/ Saline (BID / TID)

EQUIPMENT/SUPPLIES:

Scar Remodeling
Silicone Gel Sleeve
Cock-up Wrist Splint
Elbow Pad (Heelbo)
Finger Buddy Straps
Putty
Elastomer
Pulleys
Therabands

WORK REHABILITATION:

Work Site & Work Task Analysis
Work Conditioning / Hardening
Ergonomic Instruction / Education
Upper Extremity Strengthening / Endurance

CUSTOM SPLINT FABRICATION:

PIPJ Flexion Splinting (*Contracture*) Static Dynamic
PIPJ Extension Splinting (*Contracture*) Static Dynamic
Hand Based Claim-Shell Protective Splint (*MC Fx*)
Radial Hinge Ulnar Hinge
Thumb Spica Splint
IP Free Hand Based
IP Immobilized Forearm Based
Forearm Based Dorsal Block Splint (*Wrist 30°; MPJ 70° Flex*)
Forearm Based Splint
Intrinsic Plus ⇒ (*Wrist 30°; MPJ 70° Flex/IPJ full extension*)
Radial Hinge Hand Based
Ulnar Hinge Forearm Based

Mallet Finger Extension Splint
Dorsal Volar Canoe/Gutter Serial Finger Casting
PIPJ Extension Splint (*DIP/MCP Free/Silver Ring Splint*)
Volar Wrist Splint (*DR Fx*)
Supination / Pronation Splint
Radial / Ulnar Gutter Splint
Volar Forearm Based Extension Splint (*Static*)
Dynamic Outrigger: Flexion / Extension
Dynamic Flexion Stop Splint:
ROM Arc:
Incorporate Digits: Thumb IF MF RF SF

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