

F A X S H E E T

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From Company: 1 Advanced Ortho Freehold
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Patient Name: Salvatore Renna

Next Appt: _

Physician: Gallacher (MD)

Date of Surgery: _

Surgical Procedures:

right distal biceps tendon reconstruction with Achilles allograft on 11/20/2023

Diagnosis:

Encounter for other orthopedic aftercare Z47.89 Rupture of right distal biceps tendon, subsequent encounter S46.211D

☒ Physical Therapy

☐ Occupational Therapy

☐ Work Hardening

☐ Acupuncture

☐ Functional Capacity Exam

☐ Continue Same Plan

☐ Follow Protocol Given To Patient

Exercises:

☐ Active Assisted ROM

☐ Active ROM

☐ Passive ROM

☐ Isometrics

☐ Stretching

☐ Strengthening

☐ Conditioning

☐ Lumbar Stabilization

☐ McKenzie Exercises

☐ Williams Exercises

☐ Back / Neck School

☐ Gait Training

☐ Proprioception

Goals:

☒ Desensitization

☒ Decrease Pain

☐ Increase Endurance

☐ Improve Functional Abilities

☒ Increase ROM / Flexibility

☐ Increase Strength

☒ Decrease Edema

☐ Improve Gait

Modalities:

☐ Heat

Motion Limitations:

External Rotation _

Internal Rotation _

Forward Elevation _

Abduction _

Other _

Weight Bearing Status:

Current Weight Bearing _

Progress Weight Bearing _

- ☐ Ice
- ☐ Whirlpool
- ☐ Ultrasound
- ☐ Phonophoresis
- ☐ Iontophoresis
- ☐ Electrical Stimulation
- ☐ T.E.N.S Unit
- ☐ Massage
- ☐ Traction Cervical / Lumbar
- ☐ Jobst Compression / Cryotemp
- ☒ PRN (May use any of above)

☐ Posture/body mechanics

Special Programs:

- ☐ Neer Shoulder Rehabilitation
- ☐ Pendulums
- ☐ Rotator Cuff Intact
- ☐ Rotator Cuff Repair
- ☐ ACL Rehabilitation Program
- ☐ Quadriceps Strengthening
- ☐ Closed Chain Leg Exercises Only
- ☒ Home Exercise Program
- ☐ Neutral Spine Lumbar Stabilization

Precautions/Specific Instructions:

1. Active extension and pronation. Start 40 of extension and increase 10 per week to full extension
2. Passive flexion and supination to protect biceps

Equipment:

Others _

Frequency:

3 Days/Week

4 Weeks



Stacey Gallacher

Date 12/01/2023

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