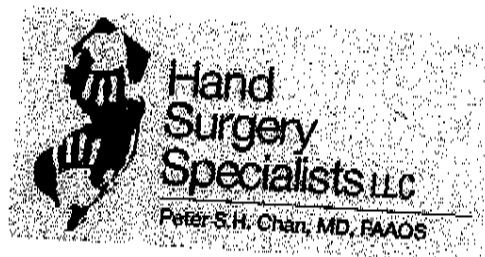


Schedule ONLY With
Certified Hand Therapist
or Occupational Therapist



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Peter S.H. Chan, MD
28 Wills Way, Piscataway Township, NJ 08854
(908) 470-HAND (4263)
Fax: (908) 470-0001

Hand Therapy Referral

Date: 5/31/2023

Patient: Garcia, Anthony

Diagnosis: Stable fracture left middle finger metacarpal, pain in the hand

Rx:

We talked about his injury, this fracture is now 2 weeks old, and already has some soft callus clinically. There is no malrotation and the likelihood of this displacing at this point is low. I would offer him closed treatment at this point without manipulation, specifically taking advantage of early range of motion to minimize stiffness of the fingers. I converted him to a fracture orthosis. A volar forearm based orthosis with the metacarpal phalangeal joints free was sized and fitted on the patient. Instructions on the use of the orthosis were verbally issued to the patient. I have also recommended a course of formal therapy for range of motion to the digits and wrist. No strengthening yet, if he regains his motion over the next 3 weeks, we will take x-rays and if there is some consolidation of the fracture, we can then start strengthening. We can offer light duty work with restrictions, full duty work is probably 8 weeks. Nonoperative nonmanipulative fracture management was instituted at this point.

Select

Frequency: 3 times per week for 4 weeks

Splint:

Range of Motion: To all joints Active, Active Assistive, Gentle Passive

Strengthening: None for now

Other:

Modalities as Needed.

Additional Instructions:

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Peter S.H. Chan, MD

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