



World-Class Team. Hometown Choice.

## ANDREW A. WILLIS, M.D.

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

Patient Name: Wesley Jones

Date: 3/4/24

Site: R

Diagnosis: Left Elbow Traumatic Deceleration Injury

DOI / DOS: 2/6/24

Frequency: 2x/wk, 4 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~~

~~Fluidotherapy~~

#### EXERCISE:

AROM (Limits: \_\_\_\_\_)

AAROM (Limits: \_\_\_\_\_)

PROM (Limits: \_\_\_\_\_)

Tendon Gliding

Nerve Gliding

Functional ADL's

Coordination Training

Strengthening & Endurance Program (UE & Grip)

(Patient Education / Home Exercises)

★ Rowing, Snelling  
Curl, Pickman

#### 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)

#### EDEMA CONTROL:

Edema Control Techniques

Coban

Finger Sleeves / Compression Stockings

Jobst Sleeve

Elastic Wrap

Isotoner

#### 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