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Hand Therapy Referral

Date: 7/5/2024

Patient: Richardson, Cory

**Schedule ONLY With
Certified Hand Therapist
or Occupational Therapist**

Diagnosis: Status post repair left distal biceps rupture

Rx:

The therapist will construct a long arm posterior splint, including the wrist, 90 degrees flexed at the elbow, and neutral rotation. We will start a protocol of active flexion without limitation, initially blocking at 90 degrees of extension, the therapist will bring the patient out 15 degrees weekly to have him fully extended at 6 weeks. The patient may also do active pronation and supination from the beginning of the protocol. At that point we will discontinue the splint, and begin strengthening.

Select

Frequency: 3 times per week for 4 weeks

Splint:

Range of Motion:

Strengthening:

Other: Wound care, Scar Management

Modalities as Needed.

Additional Instructions:

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