

Att: Angela Montgomery

973-940-1052

R

Physical Therapy

Today's Date

6/8/23

Name

Gay, Terral

Diagnosis

Wrist sprain

Precautions

2 Times / Week for

4

Weeks

☐ One Visit

Body Area:

☒ Cervical

☐ Thoracic

☐ Lumbar

Other:

Exercises

- ☒ Aerobic
☒ Strengthen
☒ Stretch
☒ ROM
☒ Home Program

- ☐ Gentle Cervical
Traction
☐ McKenzie
☐ Williams

Modalities

- ☒ Moist heat
☐ Ultrasound
☒ Massage
☐ Tens
☐ Whirlpool
☐ Pool

Comments:

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PLB084043-03