

## Physical Therapy Treatment Plan

**Patient Name:** Chloe Martin

**Date of Birth:** 08/15/1990

**Start of Care:** 02/12/2025

**Payer:** Private Insurance

**Hospitalization:** None

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### Diagnosis

The patient has the following diagnoses: Med – De Quervain’s tenosynovitis of the right wrist (M65.4), Tx – pain in the forearm (M79.6), and Tx – pain in the right thumb joint (M25.531), all with an onset date of 02/01/2025.

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### Treatment Approaches

- **PT Evaluation** (Initial evaluation of wrist and thumb mobility, strength, and pain levels to assess functional limitations and determine treatment goals)
  - **Manual Therapy** (Gentle soft tissue mobilization and myofascial release to reduce swelling, improve tissue mobility, and alleviate pain)
  - **Therapeutic Exercises** (Stretching and strengthening exercises for the wrist and thumb, particularly focusing on the extensor and abductor muscles of the thumb)
  - **Splinting** (Use of a thumb spica splint to provide rest and reduce strain on the affected tendons during the healing process)
  - **Modalities** (Cold therapy for acute inflammation and swelling, ultrasound therapy to promote healing, and TENS for pain relief)
  - **Activity Modification** (Guidance on ergonomic techniques and adaptive strategies for gripping, twisting, and lifting tasks to reduce strain on the thumb and wrist)
  - **Ergonomic Training** (Education on proper body mechanics and workspace adjustments to minimize repetitive strain on the wrist)
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### Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
  - **Duration:** 4-6 weeks
  - **Intensity:** Low to moderate intensity initially, progressing to strengthening exercises as symptoms improve
  - **Certified Period:** 02/12/2025 - 03/26/2025
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## **Plan of Treatment**

### **Short Term Goals**

1. Chloe will report a 40% reduction in pain during gripping and twisting movements (e.g., opening a jar) within 4 weeks (Target: 03/12/2025).
2. Chloe will demonstrate a 30% improvement in wrist and thumb range of motion, with a reduction in swelling, within 4 weeks (Target: 03/12/2025).
3. Chloe will be able to perform basic hand and wrist activities (e.g., holding a pen, using a keyboard) without exacerbating pain by 4 weeks (Target: 03/12/2025).
4. Chloe will demonstrate proper use of a thumb spica splint during activities that exacerbate symptoms within 2 weeks (Target: 02/26/2025).

### **Long Term Goals**

1. Chloe will be able to engage in activities that require gripping and twisting (e.g., using a screwdriver or opening a jar) without pain or swelling by the end of treatment (Target: 03/26/2025).
2. Chloe will achieve full functional range of motion in the thumb and wrist (100% of normal ROM) by the end of treatment (Target: 03/26/2025).
3. Chloe will return to her daily activities and work tasks, including those that involve repetitive use of the hand, without pain or limitations by the end of treatment (Target: 03/26/2025).
4. Chloe will demonstrate strength and endurance in the wrist and thumb muscles, enabling her to perform high-demand tasks without pain or fatigue by the end of treatment (Target: 03/26/2025).

### **Patient Goals**

- "I want to be able to open jars without pain."
- "I want to be able to go back to work and use my tools without any discomfort."

### **Potential for Achieving Goals**

- Chloe has a strong potential for recovery, evidenced by her commitment to therapy and her clear understanding of the need to modify her activities. With appropriate treatment, including splinting, manual therapy, and exercise, she should recover fully and regain function.

### **Participation**

- Chloe is motivated to actively participate in her rehabilitation and is committed to following through with home exercise and activity modification instructions.
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## Initial Assessment / Current Level of Function & Underlying Impairments

### Factors Supporting Medical Necessity

- **Referral:** Chloe was referred for therapy due to De Quervain's tenosynovitis that is affecting her ability to perform work-related tasks and daily activities, including gripping and twisting.
  - **Medical History:** No significant comorbidities.
  - **Complexities:** Chloe's symptoms have significantly impacted her ability to perform tasks that involve gripping and twisting motions, which are essential to her occupation.
  - **Prior Treatment:** Chloe has tried rest and over-the-counter anti-inflammatory medication, but symptoms persist.
  - **Prior Living Situation:** Active lifestyle with responsibilities requiring repetitive hand movements (e.g., using tools for work).
  - **Discharge Plan:** Goal to return to work and daily activities without pain, including normal gripping and twisting tasks.
  - **Prior Level of Function (PLOF):** No significant limitations prior to onset of symptoms.
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### Background Assessment

- **Precautions:** Avoid exacerbating symptoms by overuse of the thumb and wrist. Monitor for any signs of irritation while using the splint.
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### Joint ROM / Goniometric Measurements

- **Thumb CMC (Right):** Limited, with pain at end range flexion/extension
  - **Wrist (Right):** Mild restriction in flexion/extension
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### Strength / Manual Muscle Testing

- **Thumb Abductor Strength (Right):** 3+/5 (Fair+)
  - **Wrist Flexion Strength (Right):** 4/5 (Good)
  - **Wrist Extension Strength (Right):** 4/5 (Good)
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### Balance

- **Standing Balance:** Normal
- **Thumb/Wrist Function:** Difficulty with activities requiring gripping and twisting.

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### Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
- **Tone and Posture:** No abnormalities noted
- **Pain and Edema:** Mild swelling in the first dorsal compartment; pain with palpation of the APL and EPB tendons.
- **Coordination:** Mild difficulty with fine motor tasks due to pain.

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### Visual Assessment

- **History and Analysis:** De Quervain's tenosynovitis with swelling and tenderness in the first dorsal compartment of the wrist.
- **Testing:** Positive Finkelstein test indicating inflammation of the thumb tendons.

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### Functional Assessment

- **Gripping Tasks:** Difficulty performing tasks such as opening jars, holding tools, or using a screwdriver.
- **Work Tasks:** Limited ability to perform manual labor that requires repetitive wrist and thumb motions.

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### Objective Tests / Measures & Additional Analysis

- **Assessments:**
    - **Thumb Range of Motion:** Limited compared to unaffected side.
    - **Strength:** Decreased strength in thumb abduction and wrist extension on the right.
    - **Finkelstein Test:** Positive, indicating inflammation in the thumb tendons.
  - **Other:** Home Exercise Program (HEP) focusing on wrist stretches, thumb strengthening exercises, and adaptive techniques for gripping.
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## Clinical Impressions

Chloe presents with classic symptoms of De Quervain's tenosynovitis, including pain and swelling near the thumb, which is aggravated by gripping and twisting motions. With appropriate therapy, including splinting, manual therapy, and therapeutic exercises, Chloe is expected to reduce pain, improve function, and return to her pre-injury level of activity.

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## Test/Measures and Outcomes

- **Pain Reduction:** Target 50% reduction in pain with gripping and twisting tasks by 4 weeks.
- **Thumb ROM:** Target 80% of normal range of motion in the right thumb by 4 weeks.
- **Strength:** Target 4/5 strength in thumb abduction and wrist extension by 4 weeks.
- **Function:** Goal to return to normal gripping and twisting activities by 6 weeks.