Physical Therapy Treatment Plan

Patient Name: Rachel Johnson
Date of Birth: 03/22/1983
Start of Care: 02/12/2025
Payer: Private Insurance
Hospitalization: None

Diagnosis

The patient has the following diagnosis: Med – upper extremity weakness post-stroke (I69.351) with an onset date of 02/01/2024.

Treatment Approaches

- **PT Evaluation** (Comprehensive assessment of right upper extremity function, including strength, range of motion, and coordination. Functional tasks such as reaching, grasping, and lifting are assessed for any deficits caused by the stroke.)
- **Therapeutic Exercises** (Progressive resistance training for right arm, including isometric, concentric, and eccentric exercises to improve strength. Stretching exercises for improving flexibility and reducing tightness in the affected muscles.)
- **Neuromuscular Reeducation** (Focus on coordination, proprioception, and fine motor skills in the right hand, wrist, and elbow. Specific exercises to regain the ability to grasp and release objects.)
- **Functional Training** (Task-specific training to improve daily activities such as dressing, eating, and self-care tasks. Progression of these tasks from basic movements to more complex, multi-step activities.)
- **Electrical Stimulation (NMES)** (Use of neuromuscular electrical stimulation for muscle strengthening in the affected arm and to reduce spasticity.)
- **Gait Training** (If indicated, improve overall posture and alignment for walking, especially with arm involvement during ambulation.)

Frequency, Duration, Intensity, Certified Period

- **Frequency:** 3 sessions per week
- **Duration:** 8 weeks
- **Intensity:** Moderate intensity, progressing based on tolerance and improvement in strength and mobility
- **Certified Period:** 02/12/2025 - 04/12/2025

Plan of Treatment

Short Term Goals

1. Rachel will demonstrate 20% improvement in strength of the right arm (measured by manual muscle testing) within 2 weeks (Target: 02/26/2025).
2. Rachel will perform passive and active-assisted range of motion (ROM) exercises for the right shoulder, elbow, and wrist with at least 10° increase in range within 3 weeks (Target: 03/05/2025).
3. Rachel will show improvement in coordination by performing 3/5 tasks related to fine motor skills (e.g., opening a bottle, buttoning a shirt) with minimal assistance (Target: 02/26/2025).
4. Rachel will demonstrate improved functional arm use during basic self-care tasks (e.g., brushing teeth, eating) with at least 10% improvement in independence within 4 weeks (Target: 03/12/2025).

Long Term Goals

1. Rachel will regain 75% of her pre-stroke strength and functional ability in the right arm, including the ability to lift and hold objects overhead, within 8 weeks (Target: 04/12/2025).
2. Rachel will independently perform daily activities (e.g., dressing, feeding, grooming) with no more than minimal assistance in the right arm within 8 weeks (Target: 04/12/2025).
3. Rachel will demonstrate independent use of the right arm in household tasks such as carrying a plate or vacuuming, with no discomfort or difficulty, within 8 weeks (Target: 04/12/2025).
4. Rachel will regain functional use of her right hand for fine motor tasks (e.g., writing, using a smartphone) with minimal to no compensation from the left hand, within 8 weeks (Target: 04/12/2025).

Patient Goals

- "I want to be able to use my right arm to do things around the house like cooking and cleaning."
- "I want to be able to pick things up and hold them without feeling weakness or tightness."

Potential for Achieving Goals

- Rachel has good rehabilitation potential, as evidenced by her strong motivation to participate in therapy, her history of good compliance with treatment, and her progress in initial evaluations. The continued use of neuromuscular reeducation and electrical stimulation will likely enhance her strength and mobility recovery.

Participation

- Rachel is highly motivated and actively participates in therapy sessions. She has strong family support and a good understanding of the importance of consistent therapy in regaining arm mobility and strength.

Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Rachel was referred for physical therapy after experiencing upper extremity weakness and tightness following a stroke.
- **Medical History:** No previous neurological impairments or musculoskeletal conditions; stroke occurred 1 year ago.
- **Complexities:** Weakness and tightness in the right arm are causing difficulty with fine motor skills, self-care, and functional tasks.
- **Prior Treatment:** Rachel has attended general rehabilitation following her stroke, but more targeted therapy for the right arm is needed to address specific deficits.
- **Prior Living Situation:** Active pre-stroke; able to perform all daily activities independently.
- **Discharge Plan:** Achieve independence in functional use of the right arm for self-care and daily activities.
- **Prior Level of Function (PLOF):** Full function of both arms, including independence in self-care and household tasks.

Background Assessment

- **Precautions:** Ensure safety when performing functional tasks due to the risk of fall from weakness or impaired motor control in the right arm.
- **Possible Spasticity:** Tightness and mild spasticity noted in the right biceps and forearm muscles.

Joint ROM / Goniometric Measurements

- **Right Shoulder Flexion:** 95° (Normal: 180°)
- **Right Elbow Flexion:** 120° (Normal: 150°)
- **Right Wrist Flexion:** 40° (Normal: 80°)
- **Right Shoulder Abduction:** 80° (Normal: 180°)

Strength / Manual Muscle Testing

- **Right Shoulder:** 3/5 (Fair)
- **Right Elbow:** 3-/5 (Fair-)
- **Right Wrist:** 3/5 (Fair)
- **Right Hand Grip:** 3-/5 (Fair-)

Balance

- **Sitting Balance:** No significant impairments.
- **Standing Balance:** Mild instability noted during standing with reliance on left leg.
- **Reactions & Strategies:** Mildly reduced postural reactions in right arm.

Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal for age.
- **Tone and Posture:** Mild spasticity in right arm, but no significant postural abnormalities noted.
- **Pain and Edema:** Mild discomfort in the right upper extremity during exercise; no significant edema.
- **Coordination:** Mild impairment in fine motor tasks (e.g., buttoning, writing).
- **Cognition:** No cognitive deficits noted, good understanding of therapy goals.

Visual Assessment

- **History and Analysis:** Weakness in the right arm post-stroke, with spasticity and tightness affecting daily tasks.
- **Testing:** Difficulty with tasks requiring fine motor control (e.g., gripping, opening containers).

Functional Assessment

- **Self-Care Tasks:** Moderate difficulty with dressing, feeding, and grooming due to weakness in right arm.
- **Fine Motor Skills:** Moderate difficulty with fine motor tasks, such as typing, writing, and using a smartphone.

Objective Tests / Measures & Additional Analysis

- **Assessments:**
  - **Strength Testing:** Weakness in the right upper extremity, particularly in the shoulder and wrist.
  - **ROM Testing:** Limited range of motion in right shoulder, elbow, and wrist.
  - **Functional Capacity:** Limited ability to perform activities of daily living independently.
- **Other:** Home Exercise Program (HEP) to address right arm strengthening, fine motor tasks, and stretching for spasticity.

Clinical Impressions

Rachel is showing signs of significant weakness and tightness in her right arm following a stroke, limiting her ability to perform basic functional tasks. With targeted physical therapy including strength training, neuromuscular reeducation, and functional exercises, Rachel should demonstrate significant improvement in arm strength, mobility, and independence in daily tasks.

Test/Measures and Outcomes

- **Strength Testing:** Goal to improve strength to 4+/5 in right shoulder, elbow, and wrist by the end of treatment.
- **ROM Testing:** Goal to restore full range of motion in the right upper extremity within 6 weeks.
- **Functional Testing:** Goal to perform basic ADLs (dressing, grooming) independently using the right arm within 8 weeks.
- **Fine Motor Skills:** Goal to restore right hand function to perform tasks like writing, buttoning, and gripping within 8 weeks.