

Physical Therapy Treatment Plan

Patient Name: Tom Davis

Date of Birth: 04/10/1985

Start of Care: 02/12/2025

Payer: Worker's Compensation

Hospitalization: No hospitalization required

Diagnosis

The patient has the following diagnoses: Med – lateral epicondylitis (tennis elbow) (M77.0) with an onset date of 01/15/2025, Tx – localized muscle weakness in the forearm (M62.81) with an onset date of 01/15/2025, and Tx – pain in the right elbow (M79.7) with an onset date of 01/15/2025.

Treatment Approaches

- **PT Evaluation** (Comprehensive evaluation of elbow mobility, strength, and function)
 - **Therapeutic Exercises** (Stretching and strengthening exercises targeting the forearm muscles, eccentric strengthening for extensors)
 - **Neuromuscular Reeducation** (Correcting motor patterns to minimize strain on the elbow during daily activities)
 - **Therapeutic Activities** (Functional training for lifting and gripping techniques)
 - **Ultrasound Therapy** (For pain reduction and promoting tissue healing)
 - **Ice/Heat Therapy** (To reduce inflammation and improve tissue flexibility)
 - **Manual Therapy** (Joint mobilization to reduce pain and improve elbow mobility)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 8-10 weeks
 - **Intensity:** Moderate intensity with gradual progression to heavier loads for strengthening exercises
 - **Certified Period:** 02/12/2025 - 04/12/2025
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Plan of Treatment

Short Term Goals

1. Tom will demonstrate reduced pain levels (less than 4/10) during activities involving gripping and lifting by 02/26/2025.
2. Tom will improve range of motion in the right elbow (flexion/extension) to 140° by 02/26/2025.
3. Tom will demonstrate improved strength in the right forearm extensors (4/5) by 02/26/2025.
4. Tom will be able to perform a functional task (lifting a 10-15 lb object) without increased pain or discomfort within 4 weeks. (Target: 02/26/2025)

Long Term Goals

1. Tom will return to work duties, including lifting and using tools, without pain or limitations by 04/12/2025.
2. Tom will achieve full strength (5/5) in the right forearm extensors and increased endurance for work tasks by 04/12/2025.
3. Tom will perform repetitive lifting tasks (up to 20 lbs) with proper ergonomics and no pain or fatigue for 2 hours during work shift by 04/12/2025.
4. Tom will use proper body mechanics to avoid re-injury when performing overhead tasks or lifting by 04/12/2025.

Patient Goals

- "I want to be able to return to work without pain and be able to lift and grip tools without trouble."
- "I'd like to reduce the pain in my elbow so I can work more comfortably."

Potential for Achieving Goals

- Tom demonstrates good potential for recovery, as he is highly motivated to return to work and participates actively in therapy. His understanding of the importance of technique modification for work tasks and his willingness to engage in a home exercise program will support his recovery.

Participation

- Tom is committed to his rehabilitation, adhering to the home exercise program and following recommendations for rest, ice, and ergonomic modifications during work tasks.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by physician due to ongoing lateral elbow pain from overuse during construction work.
 - **Medical History:** No other significant medical history.
 - **Complexities:** Chronic overuse injury resulting in persistent pain, weakness, and functional limitations.
 - **Prior Treatment:** No previous physical therapy, only self-managed with over-the-counter pain medication.
 - **Prior Living Situation:** Independent; employed as a construction worker.
 - **Discharge Plan:** Return to full-duty work without pain or limitations.
 - **Prior Level of Function (PLOF):** Able to perform all work duties prior to the onset of symptoms.
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Background Assessment

- **Precautions:** Avoid overexertion of the elbow, particularly during manual labor tasks. Monitor for signs of tendinitis flare-up and adjust activity levels as needed.
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Joint ROM / Goniometric Measurements

- **Right Elbow Flexion:** 140° (Normal)
 - **Right Elbow Extension:** 10° (Limited)
 - **Right Wrist Flexion/Extension:** 60° (Normal)
 - **Right Shoulder:** Full ROM
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Strength / Manual Muscle Testing

- **Right Forearm (Extensors):** 3/5 (Weak)
 - **Right Biceps:** 4/5 (Normal)
 - **Right Wrist Flexors/Extensors:** 3/5 (Weak)
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Balance

- **Sitting Balance:** Normal
 - **Standing Balance:** Normal
 - **Functional Balance:** Poor balance during weight-bearing tasks that stress the elbow.
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** No abnormal tone; posture is within normal limits.
 - **Pain and Edema:** Moderate pain (4-6/10) during gripping and lifting; mild swelling around the lateral elbow.
 - **Coordination:** Good coordination for daily tasks, though compensates by using the left arm for gripping.
 - **Sensory Test Findings:** No significant sensory deficits.
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Visual Assessment

- **History and Analysis:** No visual impairments noted.
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Functional Assessment

- **Bed Mobility:** Independent
 - **Transfers:** Independent
 - **Gait:** Normal
 - **Functional Tasks:** Difficulty with lifting heavy objects and gripping for long periods.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Dynamometer Testing (Grip Strength):** Right hand grip strength is 70% of left hand strength.
 - **Pain Scale:** 5/10 during gripping or lifting tasks.
 - **Other:** Home Exercise Program (HEP) established for strengthening and stretching exercises.
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Clinical Impressions

Tom has lateral epicondylitis, which is affecting his ability to perform work tasks that require gripping and lifting. With proper rehabilitation, including strengthening exercises and ergonomic modifications, he has a high potential to return to work pain-free and with full function.

Test/Measures and Outcomes

- **Strength Testing:** Target to improve right forearm strength to 4/5 by the end of treatment.
- **Pain Reduction:** Target to reduce pain during gripping and lifting to below 3/10.
- **Functional Testing:** Target return to work without pain, and improved grip strength to 80-90% of the left hand.
- **Work Readiness:** Target for Tom to lift and grip tools without discomfort during a typical work shift.