

Physical Therapy Treatment Plan

Patient Name: Sophia Turner

Date of Birth: 06/15/1991

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: No hospitalization required

Diagnosis

The patient has the following diagnoses: Med – thoracic outlet syndrome (G54.0) with an onset date of 01/25/2025, Tx – cervicalgia (neck pain) (M54.2) with an onset date of 01/25/2025, and Tx – pain in the right hand (M79.601) with an onset date of 01/25/2025.

Treatment Approaches

- **PT Evaluation** (Comprehensive assessment of cervical and thoracic spine mobility, shoulder range of motion, and brachial plexus function; palpation for tightness in scalene, pec minor, and upper traps)
 - **Postural Correction Exercises** (Stretching and strengthening exercises to improve posture, particularly focusing on thoracic and cervical spine alignment)
 - **Neck and Shoulder Mobility Exercises** (Gentle mobilizations of the cervical and thoracic spine; shoulder range of motion exercises to reduce tension)
 - **Scalene and Pectoralis Minor Stretching** (Stretching exercises for tight muscles that contribute to compression of the brachial plexus)
 - **Neuromuscular Reeducation** (Facilitating proper arm positioning and mechanics during daily activities to reduce strain)
 - **Strengthening Exercises** (Targeting scapular stabilizers, rotator cuff muscles, and postural muscles to reduce impingement and improve shoulder mechanics)
 - **Modalities** (Ice for inflammation control, TENS for pain management, ultrasound for soft tissue healing)
 - **Ergonomic Education** (Education on how to reduce symptoms while performing daily tasks, including strategies for lifting and carrying objects)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
- **Duration:** 6 weeks
- **Intensity:** Moderate intensity to focus on symptom relief, improving posture, and strengthening shoulder stabilizers
- **Certified Period:** 02/12/2025 - 03/26/2025

Plan of Treatment

Short Term Goals

1. Sophia will demonstrate improved neck mobility with 20% increased range of motion in cervical flexion, extension, and rotation within 4 weeks (Target: 03/12/2025).
2. Sophia will report a 30% reduction in neck and shoulder pain (down from 6/10 to 4/10) during daily activities and light lifting after 4 weeks (Target: 03/12/2025).
3. Sophia will perform postural exercises to maintain proper alignment during sitting for 10 minutes with minimal discomfort (Target: 03/12/2025).
4. Sophia will demonstrate increased scapular strength (4/5) with improved arm positioning during shoulder flexion and abduction after 4 weeks (Target: 03/12/2025).

Long Term Goals

1. Sophia will report complete resolution or significant reduction (to <2/10) of hand numbness and weakness during daily activities by the end of the treatment period (Target: 03/26/2025).
2. Sophia will achieve full cervical and thoracic spine range of motion with no pain or restriction, as well as improved posture and ergonomics at work by 03/26/2025.
3. Sophia will demonstrate independent ability to lift objects and perform overhead motions without exacerbating symptoms by 03/26/2025.
4. Sophia will engage in daily activities without pain or discomfort and have an improved quality of life by 03/26/2025.

Patient Goals

- "I want to be able to carry my bags without feeling numbness in my hand."
- "I want to be able to raise my arms without pain in my neck and shoulder."

Potential for Achieving Goals

- Sophia is motivated to engage in the therapy process and has a relatively short duration of symptoms, indicating a good prognosis with proper intervention. The functional goals are realistic, and she is likely to achieve them with consistent participation in physical therapy and adherence to prescribed exercises.

Participation

- Sophia is highly motivated and compliant with therapy recommendations. She is committed to performing at-home exercises and adjusting her daily habits to manage symptoms.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by physician for Thoracic Outlet Syndrome causing hand numbness and neck/shoulder pain affecting her ability to lift and carry objects.
 - **Medical History:** No significant history of previous cervical or thoracic spine injuries.
 - **Complexities:** Pain and numbness in the arm with activities that elevate the arm or cause shoulder strain.
 - **Prior Treatment:** No prior physical therapy, but patient has tried heat and rest.
 - **Prior Living Situation:** Active and independent, works in an office setting.
 - **Discharge Plan:** Full resolution or significant reduction of symptoms to allow her to perform daily activities, work duties, and lifting tasks without discomfort.
 - **Prior Level of Function (PLOF):** No prior limitations in daily activities or work performance due to neck or shoulder pain.
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Background Assessment

- **Precautions:** Avoid lifting overhead or activities that exacerbate symptoms during the early phase of therapy.
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Joint ROM / Goniometric Measurements

- **Cervical Flexion:** 40° (Reduced)
 - **Cervical Extension:** 30° (Reduced)
 - **Cervical Rotation (Left):** 50° (Normal)
 - **Cervical Rotation (Right):** 40° (Reduced)
 - **Shoulder Flexion (Right):** 140° (Reduced)
 - **Shoulder Abduction (Right):** 130° (Reduced)
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Strength / Manual Muscle Testing

- **Right Scapular Stabilizers:** 4-/5 (Fair+; Weak)
 - **Right Rotator Cuff Muscles:** 4-/5 (Fair+; Weak)
 - **Right Biceps:** 5/5 (Normal)
 - **Right Triceps:** 5/5 (Normal)
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Balance

- **Sitting Balance:** Normal
 - **Standing Balance:** Normal
 - **Functional Balance:** No significant loss of balance or postural control at rest, but difficulty with prolonged arm elevation
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Forward head posture with rounded shoulders, contributing to increased thoracic outlet pressure.
 - **Pain and Edema:** Pain reported as 6/10, localized to neck, shoulder, and hand. No swelling noted.
 - **Coordination:** Normal
 - **Sensory Test Findings:** Mild numbness and tingling in right hand with raised arm position.
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Visual Assessment

- **History and Analysis:** Forward head posture with rounded shoulders noted; moderate tension in the upper trapezius and pectoralis minor.
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Functional Assessment

- **Bed Mobility:** Independent
 - **Transfers:** Independent
 - **Gait:** Normal, but symptoms worsen with repetitive overhead tasks.
 - **Functional Tasks:** Difficulty lifting and carrying objects, particularly overhead or with weight-bearing on the affected arm.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Thoracic Outlet Test (Adson's Test):** Positive for reproduction of symptoms in right hand (numbness and tingling).
 - **Neck Mobility Test:** Limited cervical rotation and flexion to the right.
 - **Strength Testing:** Decreased scapular stability and rotator cuff strength on the right side.
 - **Other:** Home Exercise Program (HEP) for neck stretches, shoulder mobility, postural correction, and strengthening exercises.
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Clinical Impressions

Sophia demonstrates classic signs of Thoracic Outlet Syndrome, likely due to muscle imbalances (tightness in the scalene and pectoralis minor), postural issues, and nerve compression in the upper thoracic outlet region. The treatment plan will focus on reducing muscle tension, improving posture, enhancing shoulder and cervical mobility, and strengthening scapular stabilizers to reduce compression on the brachial plexus.

Test/Measures and Outcomes

- **Strength Testing:** Target for scapular stabilizers and rotator cuff strength to increase to 5/5 by treatment end.
- **Pain Reduction:** Target pain to be reduced to <3/10 during daily activities.
- **Function:** Target for Sophia to perform overhead tasks and lifting without reproducing symptoms.
- **Postural Correction:** Target improved posture with proper cervical and shoulder alignment during sitting and standing tasks.