

Physical Therapy Treatment Plan

Patient Name: David Johnson

Date of Birth: 03/22/1987

Start of Care: 02/12/2025

Payer: Employer Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnoses: Med – Carpal Tunnel Syndrome (G56.0), Tx – pain in the hand and wrist (M79.64), and Tx – pain in the forearm (M79.61), all with an onset date of 02/01/2025.

Treatment Approaches

- **PT Evaluation**
 - **Therapeutic Exercises** (Strengthening of wrist flexors/extensors, forearm muscles, and stretching exercises)
 - **Neuromuscular Reeducation** (Postural correction and ergonomic training)
 - **Manual Therapy** (Soft tissue mobilization and nerve gliding techniques)
 - **Electrical Stimulation** (For pain management and to promote nerve healing)
 - **Ergonomic Training** (Adjustment of desk and work environment)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 6 weeks
 - **Intensity:** Low to moderate intensity, progressing based on symptoms
 - **Certified Period:** 02/12/2025 - 03/25/2025
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Plan of Treatment

Short Term Goals

1. David will reduce wrist pain from 6/10 to 3/10 using nerve gliding techniques and ergonomic adjustments at the desk. (Target: 02/26/2025)
2. David will improve wrist flexion and extension range of motion by 10° within 2 weeks through stretching exercises. (Target: 02/26/2025)
3. David will demonstrate the ability to hold small objects (e.g., a pen or cup) without tingling or discomfort for at least 15 minutes. (Target: 02/26/2025)
4. David will show improvement in his posture when sitting at a desk, with reduced forward head posture and wrist deviation. (Target: 02/26/2025)

Long Term Goals

1. David will improve wrist strength to 4/5 (normal strength) in both flexors and extensors and improve handgrip strength. (Target: 03/25/2025)
2. David will perform 30 minutes of typing without experiencing significant symptoms (pain/tingling) or requiring breaks. (Target: 03/25/2025)
3. David will return to normal activities, including typing and handling objects without discomfort or tingling sensations in the fingers. (Target: 03/25/2025)
4. David will maintain proper ergonomic positioning during desk work for prolonged periods (2-4 hours) without aggravating symptoms. (Target: 03/25/2025)

Patient Goals

- “I want to type without feeling pain or tingling.”
- “I need to be able to use my hands without discomfort during my workday.”

Potential for Achieving Goals

- David demonstrates moderate rehabilitation potential, as he is motivated to follow therapeutic interventions. His work environment is a key factor contributing to his condition, and with the proper ergonomic adjustments and exercises, he can achieve significant improvement. He is also highly motivated to learn self-management strategies and prevent further issues.

Participation

- David is motivated to engage in therapy and consistently reports symptoms and improvements. He has good insight into the importance of following ergonomic adjustments and exercises for long-term success.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by orthopedic specialist for worsening wrist pain and tingling symptoms associated with desk work.
 - **Medical History:** No prior history of similar issues, but symptoms have worsened in the past month.
 - **Complexities:** David's symptoms are aggravated by prolonged typing and wrist positions during desk work.
 - **Prior Treatment:** None for current condition; self-managed with occasional rest and stretching.
 - **Prior Living Situation:** Active and independent, but has been restricted by work-related wrist pain.
 - **Discharge Plan:** Return to normal desk work without pain or tingling, maintaining good posture and ergonomic practices.
 - **Prior Level of Function (PLOF):** Able to perform desk work (typing, writing) for extended periods without difficulty.
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Background Assessment

- **Precautions:** Avoid prolonged wrist flexion or extension during sessions. Monitor for worsening symptoms during manual therapy or exercises.
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Joint ROM / Goniometric Measurements

- **Right Wrist:**
 - Flexion: 40° (Normal)
 - Extension: 60° (Normal)
 - Radial Deviation: 15° (Normal)
 - Ulnar Deviation: 30° (Normal)
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Strength / Manual Muscle Testing

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

- **Sitting Balance:** No significant issues, but poor wrist position when typing.
 - **Standing Balance:** Normal
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal.
 - **Tone and Posture:** Forward head posture, rounded shoulders, and wrists flexed in a poor typing position.
 - **Pain and Edema:** Pain in the wrist (5/10) with tingling in the fingers, especially at night and after prolonged typing.
 - **Coordination:** Slightly impaired dexterity due to wrist pain.
 - **Sensory Test Findings:** Tingling and numbness in the fingers (mainly the thumb, index, and middle fingers).
 - **Cognition:** Intact.
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Visual Assessment

- **History and Analysis:** Symptoms of carpal tunnel syndrome are present, including night-time tingling and difficulty holding objects or typing.
 - **Testing:** Wrist and hand posture analysis shows chronic wrist flexion while typing.
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Functional Assessment

- **Bed Mobility:** No issues, but discomfort when sleeping on the wrist side.
 - **Transfers:** Independent.
 - **Gait:** Normal.
 - **Gait Analysis:** No issues related to gait.
 - **Other Areas:** Difficulty typing or holding objects for extended periods due to pain and tingling.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Phalen's Test:** Positive, reproduces tingling in fingers.
 - **Tinel's Sign:** Positive, produces tingling along the median nerve distribution.
 - **Other:** Home Exercise Program (HEP) focusing on wrist strengthening, stretching, and nerve gliding techniques.
 - **Additional Analysis:** Nerve conduction testing recommended by physician if symptoms persist.
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Clinical Impressions

David is experiencing typical symptoms of carpal tunnel syndrome, which include wrist pain, tingling, and weakness, particularly after prolonged desk work. His condition is exacerbated by poor ergonomic positioning and repetitive use of his hands. The treatment will focus on reducing pain and tingling, improving strength and wrist function, and educating on proper ergonomics and self-care strategies to prevent further issues.

Test/Measures and Outcomes

- **Wrist Function Scale (WFS):** Target to improve functional scores by 30% by the end of treatment.
- **Strength Testing:** Target to achieve 4/5 strength in wrist flexors and extensors.
- **Pain Management:** Target pain reduction to < 3/10 during typing or other manual activities.
- **Functional Mobility:** Target to resume typing for 30 minutes without significant symptoms.
- **Ergonomic Compliance:** Ensure proper workstation setup and posture during prolonged desk work.