

Physical Therapy Treatment Plan

Patient Name: Noah Mitchell

Date of Birth: 03/05/1986

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnoses: Med – medial epicondylitis (golfer's elbow) (M77.0), Tx – pain in the right elbow (M79.621), and Tx – pain in the left elbow (M79.622), all with an onset date of 01/20/2025.

Treatment Approaches

- **PT Evaluation** (Assessment of elbow range of motion, grip strength, and muscle imbalances contributing to golfer's elbow)
 - **Therapeutic Exercises** (Focusing on strengthening the forearm muscles, improving wrist and elbow flexibility, and stabilizing the shoulder to reduce strain on the elbow)
 - **Manual Therapy** (Soft tissue mobilization, myofascial release, and trigger point therapy for the flexor-pronator group of muscles)
 - **Modalities** (Cold therapy, ultrasound, and electrical stimulation to reduce pain and inflammation)
 - **Stretching and Flexibility Training** (Stretching exercises for the forearm flexors and extensors to relieve tension in the medial elbow)
 - **Ergonomics and Activity Modification** (Teaching techniques to avoid aggravating movements, such as proper grip and lifting mechanics during daily tasks)
 - **Isometric Strengthening** (Focus on low-load isometric strengthening exercises to reduce tendon strain and facilitate healing)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2 sessions per week
 - **Duration:** 4-6 weeks
 - **Intensity:** Moderate intensity, gradually progressing from isometric strengthening to dynamic strengthening exercises
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Noah will experience a 30% reduction in elbow pain (0-10 scale) when gripping or lifting objects after 4 weeks of therapy (Target: 03/12/2025).
2. Noah will demonstrate improved elbow range of motion, achieving full extension (0°) and 140° flexion by the end of 4 weeks (Target: 03/12/2025).
3. Noah will increase grip strength by 20% as measured by hand-held dynamometer by 4 weeks (Target: 03/12/2025).
4. Noah will demonstrate proper lifting technique and grip mechanics during functional tasks (e.g., lifting light objects) after 4 weeks of training (Target: 03/12/2025).

Long Term Goals

1. Noah will report a pain level of 2/10 or less during activities involving gripping or lifting by the end of treatment (Target: 03/26/2025).
2. Noah will return to his usual level of activity, including yard work and recreational activities, without significant pain or limitations by the end of treatment (Target: 03/26/2025).
3. Noah will have regained full strength in the flexor-pronator muscles, achieving 5/5 strength on manual muscle testing by the end of treatment (Target: 03/26/2025).
4. Noah will demonstrate independence with proper ergonomics and activity modifications to prevent re-injury when lifting or gripping objects (Target: 03/26/2025).

Patient Goals

- "I want to get back to doing yard work without pain."
- "I need to be able to lift things without it hurting my elbow."

Potential for Achieving Goals

- Noah shows good rehab potential as he has a strong motivation to return to his usual activities, including yard work. He is willing to follow through with the home exercise program and make necessary adjustments to his daily routine. He has no significant comorbidities, and his injury is isolated to the elbow, which is expected to respond well to therapy.

Participation

- Noah is eager to participate in the treatment plan and is motivated to improve his functional abilities. He is committed to making the necessary lifestyle changes to prevent further aggravation of his symptoms.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Noah was referred for physical therapy due to persistent pain from medial epicondylitis following a weekend of heavy yard work.
 - **Medical History:** No significant comorbidities; active and generally healthy.
 - **Complexities:** Pain has persisted despite rest and over-the-counter treatments.
 - **Prior Treatment:** No prior physical therapy; has attempted self-care measures, including ice and over-the-counter pain relievers.
 - **Prior Living Situation:** Active lifestyle, including yard work and recreational activities such as hiking.
 - **Discharge Plan:** Goal to return to full functional capacity, including lifting and gripping without pain.
 - **Prior Level of Function (PLOF):** Able to perform yard work, lifting tasks, and recreational activities without elbow pain prior to the injury.
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Background Assessment

- **Precautions:** Avoid activities that involve heavy lifting or repetitive gripping until pain improves. Focus on gradual progression with activities that stress the forearm muscles.
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Joint ROM / Goniometric Measurements

- **Right Elbow Flexion:** 130° (Limited)
 - **Right Elbow Extension:** 10° (Limited)
 - **Left Elbow Flexion:** 140° (Normal)
 - **Left Elbow Extension:** 0° (Normal)
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Strength / Manual Muscle Testing

- **Forearm Flexors (Right):** 4/5 (Fair)
 - **Forearm Extensors (Right):** 4/5 (Fair)
 - **Grip Strength (Right):** 50 kg (Reduced)
 - **Grip Strength (Left):** 60 kg (Normal)
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Balance

- **Sitting Balance:** Normal
 - **Standing Balance:** Normal
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Mild muscle tightness and tenderness in the forearm flexors, but no significant postural deviations.
 - **Pain and Edema:** Tenderness and pain on the medial aspect of the elbow with palpation; no visible swelling.
 - **Coordination:** Normal
 - **Sensory Test Findings:** No sensory deficits in the affected area.
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Visual Assessment

- **History and Analysis:** No visible redness, swelling, or bruising. Tenderness to palpation over the medial epicondyle.
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Functional Assessment

- **Bed Mobility:** Independent
 - **Transfers:** Independent
 - **Gait:** Normal
 - **Functional Tasks:** Difficulty with gripping and lifting objects without pain.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Grip Strength Testing:** Decreased grip strength in the right hand (50 kg vs. 60 kg left).
 - **Elbow Range of Motion:** Limited flexion (130°) and extension (10°) in the right elbow.
 - **Other:** Home Exercise Program (HEP) for stretching of the forearm flexors and extensors, grip strengthening exercises, and activity modifications.
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Clinical Impressions

Noah presents with medial epicondylitis (golfer's elbow), likely caused by overuse of the forearm muscles during heavy yard work. His pain is aggravated by gripping and lifting activities. Treatment will focus on reducing pain and inflammation, improving range of motion, and strengthening the forearm muscles to prevent further injury. Given Noah's active lifestyle, physical therapy is expected to help him regain full function and return to his regular activities.

Test/Measures and Outcomes

- **Strength Testing:** Target to achieve full strength (5/5) in forearm flexors and extensors by the end of treatment.
- **Pain Reduction:** Target pain level of 2/10 or less during gripping and lifting tasks.
- **Function:** Goal to return to full activity, including yard work, without pain.