



Upper Extremity- Physical Therapy Prescription

Please fax weekly assessment/progress notes directly to 248-498-7594

Name: _____

Date: _____

Diagnosis: R / L

Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks, Therapy to start _____

GENERAL

- ☐ Evaluate and Treat
- ☐ Modalities per PT
- ☐ Cold/Cryotherapy
- ☐ Compression Pump
- ☐ Iontophoresis

MANUAL THERAPY

- ☐ Electrical Stimulation
- ☐ Massage Therapy
- ☐ Dry Needling
- ☐ AROM
- ☐ PROM Stretching Program

THERAPEUTIC EXERCISE

- ☐ Gait and Balance
- ☐ Proprioception Tx
- ☐ Aquatic Therapy
- ☐ Eccentric Training
- ☐ Plyometrics

SPORT/WORK TRAINING

- ☐ Focus HEP
- ☐ ADL Training
- ☐ Work Specific Training
- ☐ Sport Specific Training
- ☐ Functional/Return to Sport Testing (FST)

SHOULDER

Rotator Cuff Program

- ☐ PROM Stretching program
- ☐ Distract and Stretch (focus IR/ER)
- ☐ Strengthening of RC, no thumb down exercises
- ☐ Periscapular Strengthening
- ☐ Emphasize Serratus & Infraspinatus exercises
- ☐ Watch scapula and keep retracted during all exercise

Scapular Dyskinesia

- ☐ Strengthening of RC, no thumb down exercises
- ☐ Periscapular Strengthening
- ☐ Emphasize Serratus & Infraspinatus exercises
- ☐ Watch scapula and keep retracted during all exercise
- ☐ McConnell taping of scapula into retraction 2 times per week, leave on _

Throwers/Overhead Athletes

- ☐ PROM Stretching Program (goal is 120-130 degrees of ER)
- ☐ Periscapular Strengthening
- ☐ Emphasize Serratus & Infraspinatus exercises
- ☐ Kibler Integrated Exercises
- ☐ Instruct home Sleeper Stretch and Posterior capsule stretch
- ☐ Watch scapula and keep retracted during all exercise
- ☐ Hip + Core Rehab
 - o Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
 - o Hip Rotation (Lead hip Abduction, bilateral IR + ER)
- ☐ Throwers 10 exercises

Adhesive Capsulitis

- ☐ PROM Stretching program
- ☐ Manual GH Glides
- ☐ Joint Mobilization
- ☐ Distract and Stretch (focus IR/ER)
- ☐ When pain-free ROM, transition to RC Strengthening program

ELBOW

- Lateral/Medial Epicondylitis (Tennis and Golfer's Elbow) Program
- ☐ PROM Stretching Program
 - ☐ Focus ECCENTRIC Training
 - ☐ Counter-force bracing
 - ☐ Fist Clench/Grip Strength
 - ☐ Forearm Supination/Pronation with dumbbells
 - ☐ Wrist extensors/flexors

WRIST

Signature: _____

Date: _____