



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Elbow Stiffness **Code:** M25.629

Procedure: Arthroscopic Elbow Extensive debridement

Surgery Date:

Instructions: PT TO BEGIN AFTER _____

Range of motion:

Begin gentle stretching ASAP after surgery.

Please educate the patient in active, active-assisted, and passive flexion, extension, supination, and pronation exercises, which are to be performed five times a day in a home exercise program. No motion restrictions.

Ok to incorporate weighted passive elbow extension over a bolster for 15 minutes 5 times/day.

Ok to incorporate static progressive bracing/dynamic splinting at 4 weeks post-operatively if motion deficits remain.

Strengthening:

Begin upper extremity strengthening at discretion of therapist no sooner than 4 weeks.

Ok to begin grip strength immediately after surgery .

Limitations:

0- 6weeks: No work with the affected extremity

1.5-3 months No lifting greater than 10 lbs

>3 months: No restrictions, Return to sport as tolerated

Modalities: Heat before and ice after therapy.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date: