#### Taylor R. Dunphy, MD Newport Orthopedic Institute

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

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**DIAGNOSIS: ( LEFT / RIGHT)­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ELBOW FRACTURE PHYSICAL THERAPY PRESCRIPTION**

* Range of motion (Active, Active Assisted, Passive), LIMITS: Yes/No

 LIMITS: Flex\_\_\_\_\_ Ex\_\_\_\_\_Pro\_\_\_\_\_ Supination\_\_\_\_\_

* Brace: Yes/No Settings/Timeline\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Passive stretching Wrist Extensors and Flexors

 Begin with Elbow flexed

 Progress to stretching with Elbow in extension

* Strengthening: Begin if range of motion is near full: Biceps, Triceps, Wrist Flexors, Wrist Extensors,

Resisted pronation and supination. Can begin with Isometric exercises, then progress to concentric and eccentric exercise as tolerated.

* Ice before and after rehab exercises
* Modalities (stim. Ionto, US)

\*\* Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**