

## PHYSICAL THERAPY ORDERS: SHOULDER & ELBOW SERVICE

DIAGNOSIS	6 weeks S/P Total Elbow Arthroplasty	Right/Left
PRECAUTIONS	No pushing or pulling for 12 weeks post operation (and only lightweight after that)	

### POST-OP INSTRUCTIONS:

- ☐ Continuous Passive Motion (CPM)
- ☐ Exercises in Plane of Scapula Only
- ☐ Pulley and Instruction
- ☐ Sling when arm at risk
- ☐ Sling or brace at all times
- ☒ Elbow range of motion **PRN**
- ☒ Grip strengthening **PRN**
- ☐ AAROM: Forward Elevation to \_\_\_\_\_°
- ☐ AAROM: External Rotation to \_\_\_\_\_°
- ☐ AAROM: Internal Rotation: up back
- ☐ AAROM: Int. Rotation: in abduction
- ☐ AAROM: Cross-Body Adduction
- ☐ Isometric Ext. Rotator Strengthening
- ☐ Isometric Int. Rotator Strengthening
- ☐ Isometric Abductor Strengthening
- ☐ Graph progress on wall charts
- ☐ Provide patient with written copy of home exercise program

### STRETCHING:

- ☐ Four Quadrant (FE, ER, IR, CBA)
- ☐ Forward Elevation
- ☐ External Rotation
- ☐ Internal Rotation: up back
- ☐ Internal Rotation: in abduction
- ☐ Cross-Body Adduction
- ☐ Elbow (Flex, Ext, Pron, Sup)
- ☐ Medial Epicondylitis Program
- ☐ Lateral Epicondylitis Program

### STRENGTHENING:

- ☐ Rotator Cuff (ER, IR, ABD)
- ☐ External Rotators
- ☐ Internal Rotators
- ☐ Abductors
- ☐ Flexors
- ☐ Extensors
- ☐ Scapular Stabilizers
  - ☐ Shoulder Shrugs
  - ☐ Rhomboid Pinch
  - ☐ Lat Pull-downs
  - ☐ Forward Punch
  - ☐ Internal Rotators
- ☐ Bench Press
- ☐ Bench Press Plus
- ☐ Lat Pull-downs
- ☐ Prog. two hand supine bench press
- ☐ Biceps: Curls/Supination
- ☐ Rowing
- ☐ Nordic Track
- ☐ Swimming
- ☐ Water Exercises
- ☐ Additional Instructions:

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- ☐ One Visit: Home Program Instruction
- ☐ \_\_\_\_\_ visit/week for \_\_\_\_\_ weeks

PHYSICIAN SIGNATURE	PRINT NAME	PAGER	UPIN	DATE	TIME
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PT.NO

NAME

DOB

#### **UW Medicine**

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#### **PHYSICAL THERAPY ORDERS**

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WHITE - MEDICAL RECORD  
CANARY – PHYSICAL THERAPY  
PINK - NURSING

PHYSICIAN ORDER – YELLOW