PHYSICAL THERAPY ORDERS: SHOULDER & ELBOW SERVICE							
DIAGNOSIS							
PRECA	AUTIONS						
POS	T-OP INSTRUCTION	ONS:	STRENGTHENING:				
	Continuous Pass	ive Motion (CPM)	R	otator	Cuff (ER,	IR)	
	Exercises in Plan	e of Scapula Only	E	kterna	Rotators		
	Pulley and Instru	ction	In	ternal	Rotators		
Sling when arm at risk			Abductors				
	Sling or brace at	Flexors					
Elbow range of motion			Extensors				
Grip strengthening			Scapular Stabilizers				
AAROM: Forward Elevation to			Shoulder Shrugs				
	AAROM: Externa	Rhomboid Pinch					
AAROM: Internal Rotation: up back			Lat Pull-downs				
AAROM: Int. Rotation: in abduction			Forward Punch				
	AAROM: Cross-l		Internal Rotators				
	Isometric Ext. Ro	В	Bench Press				
	Isometric Int. Rot	В	Bench Press Plus				
	Isometric Abducto	Lat Pull-downs					
	Graph progress of	P	Prog. two hand supine bench press				
Provide patient with written copy of			Biceps: Curls/Supination				
home exercise program			Rowing				
			N	ordic 1	√rack		
			Swimming				
3TR	ETCHING:		Water Exercises				
	Four Quadrant (F	E, ER, IR, CBA)	Additional Instructions:				
	Forward Elevation	n					
	External Rotation						
	Internal Rotation:	up back					
	Internal Rotation:	in abduction					
	Cross-Body Addu	uction					
	Elbow (Flex, Ext,	Pron, Sup)					
	Medial Epicondyl	One Visit: Home Program Instruction					
	Lateral Epicondyl	_		visit/week	for	_weeks	
PHYSI	CIAN SIGNATURE	PRINT NAME	PAG	GER	UPIN	DATE	TIME
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