

## PHYSICAL THERAPY ORDERS: SHOULDER & ELBOW SERVICE

DIAGNOSIS

PRECAUTIONS

### 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  
Grip strengthening  
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)  
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:

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**

Harborview Medical Center – UW Medical Center  
University of Washington Physicians  
Seattle, Washington

#### **PHYSICAL THERAPY ORDERS**

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WHITE - MEDICAL RECORD  
CANARY – PHYSICAL THERAPY  
PINK - NURSING

PHYSICIAN ORDER – YELLOW