

**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

**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:

**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

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