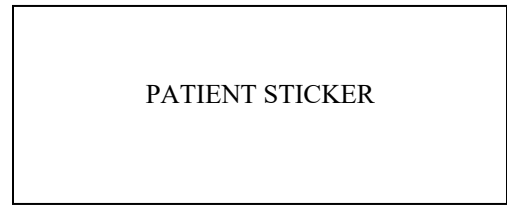


PHYSICAL THERAPY PRESCRIPTION

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DIAGNOSIS (LEFT / RIGHT) DEBRIDEMENT AND REPAIR OF COMMON EXTENSOR OR FLEXOR (TREATMENT OF EPICONDYLITIS): **DATE OF SURGERY** _____

ELBOW PHYSICAL THERAPY PRESCRIPTION

Postop

___ Sling for comfort 7 days, finger and gentle wrist ROM OK.

7 days – 4 weeks—hinged elbow brace

___ Begin with Progressive Range of Motion exercises at 7-10 days

___ Begin Passive and Active Range of Motion exercises for the Elbow / Wrist / Hand

4 weeks – 6 weeks

___ Begin with Isometric exercises of repaired muscle group

6 weeks

___ Begin Concentric and Eccentric exercises of repaired muscle group with modalities as necessary

3-4 months

___ Return to lifting and sports when strength is symmetric

Treatment: _____ **times per week** **Duration:** _____ **weeks**

Physician's Signature: _____

Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, UCLA