



PHYSICAL THERAPY PRESCRIPTION

SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE
Keck School of Medicine of USC
1520 San Pablo Street, Suite 2000
Los Angeles, CA 90033
Phone: 323.442.5860
Fax: 323.442.6952
www.gamradtortho.com



PATIENT STICKER

DIAGNOSIS: (LEFT / RIGHT) _____

DATE _____

ELBOW FRACTURE PHYSICAL THERAPY PRESCRIPTION

___ Range of motion (Active, Active Assisted, Passive), LIMITS: Yes/No
LIMITS: Flex ___ Ex ___ Pro ___ Supination ___

___ Brace: Yes/No Settings/Timeline _____

___ Passive stretching Wrist Extensors and Flexors
Begin with Elbow flexed
Progress to stretching with Elbow in extension

___ Strengthening: Begin if range of motion is near full: Biceps, Triceps, Wrist Flexors, Wrist Extensors,
Resisted pronation and supination. Can begin with Isometric exercises, then progress to
concentric and eccentric exercise as tolerated.

___ Ice before and after rehab exercises

___ Modalities (stim. Ionto, US)

Treatment: _____ times per week **Duration:** _____ weeks ___ Home Program

** Please send progress notes.

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

