



www.grandcentralpt.net

Conveniently located in the Graybar Building, adjacent to Grand Central Terminal.

DATE _____

PATIENT'S NAME _____ AGE _____

REFERRING PHYSICIAN _____ PHONE (____) ____ - _____

DIAGNOSIS:

ICD-9:

1 2 3 4 5 X WEEK for 1 2 3 4 5 6 7 8 WEEKS

SPECIAL INSTRUCTIONS:

THERAPY

- Ultrasound
- Phonophoresis
- Iontophoresis
 - Dexamethasone dosage _____
- Moist heat
- Cold packs/Cryotherapy
- Electrical stimulation
 - TENS
 - HiVolt
 - NMES
- Paraffin
- Desensitization
- Sensory re-education

- PROM
- AAROM
- AROM
- PRE's
- Wound care and scar management
- Cobin wrap
- Wean from splint
- Edema control
- Hand helper
- Silastic gel

- Neuromuscular re-education
- Joint mobilization
- Soft tissue mobilization
- Home exercise program

SPLINT

- DIGIT
 - Mallet
 - PIP Ext. Block
 - PIP Extension
 - Splint buddy
 - PIP dynamic flexion
 - PIP dynamic extension splint

- HAND BASED
 - Thumb spica
 - Radial gutter
 - Ulnar gutter
 - IP Free
 - IP Inclusive

- FOREARM BASED
 - Wrist splint
 - Thumb spica
 - Radial gutter
 - Ulnar gutter
 - MP outrigger
 - Dorsal Hood
 - IP Free
 - IP Inclusive

- ELBOW
 - Posterior
 - Elbow pad
 - Flexion strap

REFERRING PHYSICIAN SIGNATURE _____