

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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ELBOW PHYSICAL THERAPY

Side: Right Left Bilateral

Diagnosis: Lateral Epicondylitis

Medial Epicondylitis

Osteoarthritis

Other: _____

Passive stretching Wrist Extensors

Begin with Elbow flexed

Progress to stretch with Elbow in extension

Begin with Isometrics exercises

Begin with Elbow flexed

Progress to stretch with Elbow in extension

Wrist extensor strengthening – start with wrist curls with 1 lb. >> progress to 12 lbs.

Wrist flexor strengthening

Grip strengthening (tennis ball squeeze)

Goal: spring repetitions to fatigue without pain

Ice before and after rehab exercises

Frequency & Duration: 1-2

2-3 x/week for _____ weeks

_____ Home Program

Physician's Signature: _____ **M.D.**