

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

PITCHER'S ELBOW PHYSICAL THERAPY

Side: Right Left Bilateral

Diagnosis: Olecranon Apophysitis MCL Strain

Other: _____

GOALS: Achieve pain-free full active and passive elbow / forearm ROM and strength

Achieve functional upper extremity strength

Achieve functional and sports-specific activities and training

PHASE I

- Wrist ROM
- Gripping Exercises
- Wrist and Elbow Isometrics
- Manual Scapular stabilization exercises

PHASE II

- Increase ROM
- Light Wrist and Elbow Isotonics
- Scapular and Shoulder strengthening
- Avoid External Rotation and Valgus stress at Elbow
- Progress Shoulder, Elbow, and Wrist Isotonics exercises

PHASE III

- Eccentric strengthening exercises – Wrist and Elbow
- Aggressive Shoulder (overhead, Rotator Cuff)
- Upper Body strengthening
- Ergometric endurance training
- Throwing patterns
- Plyometric / Endurance training
- Restoration of Flexibility

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

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