

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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CERVICAL / LUMBAR SPINE PHYSICAL THERAPY

Side: Cervical Lumbar

Diagnosis: DDD Spinal Stenosis HNP Sciatica LBP
 Spondylosis Spondylolysis Spondylolisthesis
 Other: _____

- Stabilization program
- Advanced stabilization program incorporating dynamic challenges and eccentric / plyometric work
- McKenzie approach
- Myofascial releases / assisted stretches:
 - Scalenes Levators Traps SCM Pec Minor Lats Post Shoulder Capsule
 - Psoas Piriformis Hamstrings Rectus TFL Lumbar Extensors
- Core Control / Pelvic Stability – Abdominal Oblique, Transversus, Lower Ab strengthening
- Gluteus Maximus / Minimus strengthening
- Scapular stabilizer strengthening
- Neutral Spine – SCM, Traps, Scalenes, Levator stretches
- Neutral Spine – Hip Flexor, Hip Rotators, Rectus, HS, G-S stretches
- Occupation specific challenges
- Sport-specific drills
- Endurance work Strengthening Flexibility
- Posture / Mechanics
- Cervical Traction TENS Trial
- Modalities prn (Ultrasound / Phonophoresis / E-Stim)

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

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