

Initial Evaluation
Frederick Flintstone

5/13/2002 12:27:33 PM

Dr. Barney Rubble
Rubble & Rubble, PA
1234 Rock Quarry Rd
Suite 1
Bedrock, FL 33606

Subjective :

Frederick Flintstone is a 48 year old male referred to Your PT Clinic with diagnosis of 354.0 CARPAL TUNNEL SYNDROME. Patient's chief complaint(s) at the time of initial evaluation includes: difficulty working, edema in the right wrist due to work related activities. Patient reports onset of symptoms was insidious. Symptoms are intermittent and since onset, symptoms have increased in severity. Patient's symptoms are increased with dynamic extension and are decreased with sitting. Patient's symptoms worse with overhead activity. Pertinent medical history includes : heart murmur. Past surgical history includes: appendectomy. Patient precautions include : none apparent. Corrections and Addendums include: Added by JDW 5/19/02

Objective :

Functional Level

Functional level at start of care : activities of daily living : all activities of daily living (mild compromise).

Range of Motion

Wrist : extension : AROM within normal limits (left), AROM within functional limits (left), Shoulder : adduction : AROM 120 degrees (right), AROM within normal limits (right), AROM within functional limits (right), Shoulder : external rotation : AROM 125 degrees (right), Shoulder : internal rotation : AROM within normal limits (right), Knee : extension : AROM within normal limits (right), AROM within functional limits (right).

Strength

Wrist : radial deviation : 3+/5, (right), 4+/5, (left).

Assessment :

Client familiarity with HEP indicates good compliance. Deficits/Problem List : 1. edema 2. functional deficit 3. inability to work Deficits result in : 1. decreased ability to perform ADL's 2. decreased ability to perform work duties Short Term Goals: 1. Patient will perform ADLs : meal preparation (independently) by discharge. 2. Patient will perform ADLs : driving (independently) in 1 week. 3. Patient will perform ADLs : all activities of daily living (independently) by discharge. 4. Patient will perform ADLs : all activities of daily living (mild compromise) in 2 weeks. 5. Patient will participate in sport/leisure activities : bobsledding (competitive level) by discharge. 6. Patient will participate in sport/leisure activities : archery (competitive level) by discharge. 7. Patient will participate in sport/leisure activities : archery (competitive level) in 1 week. 8. Patient will participate in sport/leisure activities : aerobic exercises (competitive level) by discharge. 9. Patient will participate in sport/leisure activities : aerobic exercises (recreational level) in 2 weeks. 10. Patient will return to work : (full time/full duty) computer use by discharge. 11. Patient will return to work : (part time/full duty) computer use in 1 week. 12. Patient will demonstrate increased

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strength right elbow : extensors to 4+/5 by discharge. 13. Patient will demonstrate increased ROM right elbow : extension to 125by discharge. 14. Decrease pain right elbow to 3/10 by discharge. 15. Patient will perform supine to/from sit independently and no verbal cues

Plan :

Patient will be seen for PT 2 times a week for 6 weeks. Progress patient's treatment to : Strengthening and endurance building. Patient will be re-evaluated in 30 days. Patient's prognosis for rehabilitation is good.

Jack Willhoite PT :

I certify the need for these services furnished under this plan of treatment and while under my care.

_____ Date _____

Dr. Barney Rubble