

# PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine  
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PATIENT STICKER

**DATE OF SURGERY:** \_\_\_\_\_

**DIAGNOSIS: (LEFT / RIGHT) DEBRIDEMENT AND REPAIR OF COMMON EXTENSOR OR FLEXOR (TREATMENT OF EPICONDYLITIS)**

## ELBOW PHYSICAL THERAPY PRESCRIPTION

### Postop

\_\_\_ Sling for comfort 7 days, finger and gentle wrist ROM OK.

### 7 days – 4 weeks—hinged elbow brace

\_\_\_ Begin with Progressive Range of Motion exercises at 7-10 days

\_\_\_ Begin Passive and Active Range of Motion exercises for the Elbow / Wrist / Hand

### 4 weeks – 6 weeks

\_\_\_ Begin with Isometric exercises of repaired muscle group

### 6 weeks

\_\_\_ Begin Concentric and Eccentric exercises of repaired muscle group with modalities as necessary

### 3-4 months

\_\_\_ Return to lifting and sports when strength is symmetric

**Treatment:** \_\_\_\_\_ **times per week**    **Duration:** \_\_\_\_\_ **weeks**

**Physician's Signature:** \_\_\_\_\_

Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC