



## Arm and Hand Rehab

6692 Merchandise Way, Suite C

Diamond Springs, CA 95619

Phone (530) 621-1149 Fax (530) 626-3049

Specialized in Upper Extremity Rehabilitation

PATIENT \_\_\_\_\_  
DATE \_\_\_\_\_ DATE OF INJURY \_\_\_\_\_  
DIAGNOSIS \_\_\_\_\_  
PRECAUTIONS \_\_\_\_\_ DATE OF SURGERY \_\_\_\_\_  
FREQUENCY \_\_\_\_\_ TIMES A WEEK FOR \_\_\_\_\_ WEEKS

### EVALUATE AND TREAT

#### TREATMENT

- Edema Control
- Desensitization
- Dexterity Exercises
- Dressings & Wound Care
- Adaptive equipment/ADLs
- Range Of Motion
  - Active \_\_\_\_\_
  - Passive \_\_\_\_\_
- Scar Management
- Cervical Traction
- Strengthening/conditioning
- Soft Tissue Massage/MFR
- Other \_\_\_\_\_

#### MODALITIES

- Contrast Bath
- Elec. Stim: IFC, CES, TENS
- Iontophoresis \_\_\_\_\_
- Paraffin
- Ice Massage
- Neuromuscular Elec. Stim. (NMES)
- Ultrasound
- Biofeedback/taping
- Transcutaneous Elec. Stim. (TENS)
- Home equipment set-up \_\_\_\_\_
- Vibration
- Other \_\_\_\_\_
- Splinting \_\_\_\_\_

HOME PROGRAM/SUPPLIES \_\_\_\_\_

✓ Physician Signature \_\_\_\_\_ Physician Ph\Fax \_\_\_\_\_  
UPIN # \_\_\_\_\_ NPI # \_\_\_\_\_