

Subjective

Pt is a 49 y/o male admitted who had fall from a roof on 3/5/21 and fractured is R distal radius. Pt is now s/p ORIF as 3/6.

Past medical history: HTN

States 6/10 pain

Social: Pt lives in a single level home with his spouse. Pt Ind prior with all ADLs and IADLs. Works as a roofer

Objective

R Upper Extremity Digit ROM

Index Finger	Middle Finger	Ringer Finger	Small Finger	Thumb
MP: 5/70	MP: 3/70	MP: 3/70	MP: 5/70	CMC: 3
PIP: 5/60	PIP: 4/61	PIP: 4/64	PIP: 9/34	IP: 10
DIP: 3/33	DIP: 4/31	DIP: 4/36	DIP: 5/29	

Strength testing deferred

Vitals

BP: 122/76

Splint

Pt issued prefabricated wrist cockup. Educated pt on wear and care.

Education:

Educated pt on digit ROM within confines of splint. Provided handout on 6 pack and isolation exercises.

Assessment

Pt's problems include weakness, joint stiffness, edema, and difficulty with ADLs. Pt will benefit from OT to increase ROM and grip strength to be able to increase ADL function and return to work.

Goals

2 week goals

1. Pt will be able to make a functional fist for self feeding
2. Pt will Increase ROM by 10 degrees of flexion

6 week Goals

1. Pt will Return to work

2. Pt will increase grip strength by 10#

Plan

Pt will be seen on outpatient basis for 3x per week x4 weeks for skilled OT.

Treatment plan includes:

Therex

Towel scrunches, 6 pack exercises, isolation exercises, nuts and bolts, manual therapy, edema Mgnt, TENS, cryotherapy, and heat.

ROM measurements to be taken weekly.