



Hand Therapy Center

420 Lexington Ave. Suite #233, New York, NY 10170
Between 43rd and 44th St.
(P) 212-697-3438
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www.grandcentralpt.net

Conveniently located in the Graybar Building, adjacent to Grand Central Terminal.

DATE _____

PATIENT'S NAME _____ AGE _____

REFERRING PHYSICIAN _____ PHONE (____) _____ - _____

DIAGNOSIS:	ICD-9:
_____	_____
1 2 3 4 5 X WEEK for 1 2 3 4 5 6 7 8 WEEKS	

SPECIAL INSTRUCTIONS:

THERAPY

- Ultrasound
- Phonophoresis
- Iontophoresis
 - Dexamethasone dosage _____
- Moist heat
- Cold packs/Cryotherapy
- Electrical stimulation
 - TENS
 - HiVolt
 - NMES
- Paraffin
- Desensitization
- Sensory re-education

- PROM
- AAROM
- AROM
- PRE's
- Wound care and scar management
- Cobin wrap
- Wean from splint
- Edema control
- Hand helper
- Silastic gel

- Neuromuscular re-education
- Joint mobilization
- Soft tissue mobilization
- Home exercise program

SPLINT

- DIGIT
- Mallet
- PIP Ext. Block
- PIP Extension
- Splint buddy
- PIP dynamic flexion
- PIP dynamic extension splint

- HAND BASED
- Thumb spica
- Radial gutter
- Ulnar gutter

- IP Free
- IP Inclusive

- FOREARM BASED
- Wrist splint
- Thumb spica
- Radial gutter
- Ulnar gutter
- MP outrigger
- Dorsal Hood

- IP Free
- IP Inclusive

- ELBOW
- Posterior
- Elbow pad
- Flexion strap

REFERRING PHYSICIAN SIGNATURE _____