SAMPLE PRESCRIPTION FORM

ORTHOPEDIC TOPICS

Total Knee Replacement

Introduction
- ☐ Introduction/Anatomy

Diagnosis
- ☐ Osteoarthritis
- ☐ Rheumatoid Arthritis
- ☐ Post Traumatic Arthritis
- ☐ Valgus Knee
- ☐ Varus Knee

Treatment
- ☐ Total Knee Replacement
- ☐ Recovery Guidelines

Preoperative Exercises
- ☐ Intro. To Physical Therapy
- ☐ Quadriceps Sets
- ☐ Hamstring Sets
- ☐ Gluteal Sets
- ☐ Heel Slides
- ☐ Straight Leg Raises
- ☐ Terminal Knee Extension

Postoperative Information
- ☐ Introduction
- ☐ Preparation for Admission
- ☐ Recovery
- ☐ Pain Control
- ☐ Diet & Nutrition
- ☐ Physical Therapy
- ☐ Resuming Daily Activities
- ☐ Discharge from the Hospital
- ☐ Going Home
- ☐ Do's and Don'ts
- ☐ Future of Your New Joint

Postoperative Exercises
- ☐ Intro. To Physical Therapy
- ☐ Hip Flexion, Standing
- ☐ Hip Abduction, Standing
- ☐ Knee Extension, Sitting
- ☐ Knee Flexion, Sitting
- ☐ Knee Flexion, ROM, Wall Slide
- ☐ Knee Flexion, Prone, Lateral Hamstrings
- ☐ Knee Flexion, Prone
- ☐ SLR Flexion, Standing
- ☐ SLR Flexion, Supine
- ☐ SLR Flexion, Hip, ER
- ☐ SLR Flexion, Hip, IR
- ☐ Step-ups, Forward
- ☐ Step-ups, Lateral
- ☐ Quad/Hamstring Co-Contraction
- ☐ Knee Flexion, Standing
- ☐ Knee Bend, Partial, Single Leg

Occupational Therapy
- ☐ Introduction
- ☐ Toilet Transfer
- ☐ Tub Transfer
- ☐ Car Transfer

Conclusion & Surveys
- ☐ Conclusion
- ☐ SF-12
- ☐ SF-36
- ☐ Patient Satisfaction Survey
- ☐ Test Your Knowledge

Total Hip Replacement

Introduction
- ☐ Introduction/Anatomy

Diagnosis
- ☐ Osteoarthritis
- ☐ Rheumatoid Arthritis
- ☐ Post Traumatic Arthritis
- ☐ Avascular Necrosis
- ☐ Congenital Condition

Treatment
- ☐ Total Hip Replacement
- ☐ Recovery Guidelines

Preoperative Exercises
- ☐ Intro. To Physical Therapy
- ☐ Quadriceps Sets
- ☐ Hamstring Sets
- ☐ Gluteal Sets
- ☐ Hip Flexion
- ☐ Hip Abduction
- ☐ Foot & Ankle Pumps

Postoperative Information
- ☐ Introduction
- ☐ Preparation for Admission
- ☐ Recovery
- ☐ Pain Control
- ☐ Diet & Nutrition
- ☐ Physical Therapy
- ☐ Total Hip Replacement Precautions
- ☐ Resuming Daily Activities
- ☐ Discharge from the Hospital
- ☐ Going Home
- ☐ Do's & Don'ts
- ☐ Future of Your New Joint

Postoperative Exercises
- ☐ Intro. To Physical Therapy
- ☐ Hip External Rotation, Sitting
- ☐ Hip Flexion, Sitting
- ☐ Hip Flexion, Standing
- ☐ Hip Abduction, Standing
- ☐ Bent Knee Fallouts
- ☐ Bridging
- ☐ Hip Extension, Standing
- ☐ Knee Extension, Sitting
- ☐ Hip Hiking, Supine
- ☐ Quad/Hamstring, Co-Contraction
- ☐ Knee Flexion, Standing

Occupational Therapy
- ☐ Introduction
- ☐ Sponge Bathing
- ☐ Pants
- ☐ Socks & Shoes
- ☐ Toilet Transfer
- ☐ Tub Transfer
- ☐ Car Transfer

Conclusion & Surveys
- ☐ Conclusion
- ☐ SF-12
- ☐ SF-36
- ☐ Patient Satisfaction Survey
- ☐ Test Your Knowledge

SAMPLE PRESCRIPTION FORM

ORTHOPEDIC TOPICS

Carpal Tunnel Syndrome

Introduction/Anatomy
- ❑ Introduction
- ❑ Anatomy of the Wrist

Diagnosis
- ❑ Carpal Tunnel Syndrome
- ❑ Fractures & Other Systemic Conditions

Diagnostic Tests
- ❑ Orthopedic Evaluation
- ❑ Nerve Conduction Study
- ❑ X-Rays

Surgical Options
- ❑ Introduction
- ❑ Open Release
- ❑ Endoscopic Release
- ❑ Risks, Benefits & Realistic Expectations

Nonsurgical Options
- ❑ Nonsurgical Introduction
- ❑ Wrist Immobilization
- ❑ Medications
- ❑ Massage

Operative Selections
- ❑ Outpatient Information
- ❑ Recovery
- ❑ Rehabilitation

Exercises
- ❑ Intro. To Physical Therapy
- ❑ Differential Tendon Gliding
- ❑ Hook Fist
- ❑ Salute
- ❑ Straight Fist
- ❑ Full Fist
- ❑ Median Nerve Gliding
- ❑ Therapy Putty Introduction
- ❑ Gross Finger Flexion
- ❑ Gross Finger Extension

Conclusion & Surveys
- ❑ Conclusion
- ❑ SF-12
- ❑ SF-36
- ❑ Patient Satisfaction Survey
- ❑ Test Your Knowledge

Knee Arthroscopy

Introduction/Anatomy
- ❑ Introduction
- ❑ Anatomy of the Knee

Diagnosis
- ❑ ACL Injury
- ❑ Meniscal Tears
- ❑ Bucket Handle
- ❑ MCL Injury
- ❑ Loose Bodies

Diagnostic Tests
- ❑ Introduction
- ❑ X-Rays
- ❑ MRI

Treatment
- ❑ Arthroscopic Knee Surgery
- ❑ ACL Reconstruction Surgery
- ❑ Risks, Benefits & Realistic Expectations

Operative Selections
- ❑ The Hospital
- ❑ Recovery
- ❑ CPM
- ❑ Rehabilitation
- ❑ Weight Control

Exercises
- ❑ Intro. To Physical Therapy
- ❑ Straight Leg Raises
- ❑ Heel Slides
- ❑ Quadriceps Sets
- ❑ Knee Flexion
- ❑ Isometric Exercises
- ❑ Jogging

Conclusion & Surveys
- ❑ Conclusion
- ❑ SF-12
- ❑ SF-36
- ❑ Patient Satisfaction Survey
- ❑ Test Your Knowledge

Shoulder Arthroscopy

Introduction/Anatomy
- ❑ Introduction
- ❑ Anatomy of the Shoulder

Diagnosis
- ❑ Impingement
- ❑ Labrum Tear
- ❑ Instability
- ❑ Osteoarthritis
- ❑ Rheumatoid Arthritis
- ❑ Post Traumatic Arthritis

Diagnostic Tests
- ❑ Introduction
- ❑ X-Rays
- ❑ MRI

Treatment
- ❑ Arthroscopic Overview
- ❑ Arthroscopic Acromioplasty
- ❑ Resection of Torn Labrum
- ❑ Arthroscopic Stabilization
- ❑ Debridement/Removal of Loose Bodies
- ❑ Risks, Benefits & Realistic Expectations

Operative Selections
- ❑ The Hospital
- ❑ Recovery
- ❑ Rehabilitation

Exercises
- ❑ Intro. To Physical Therapy
- ❑ Warming Up
- ❑ Restoring Flexion
- ❑ Aiding External Rotation
- ❑ Elbow Flexion
- ❑ Shoulder Extension
- ❑ Pendulum in Circles
- ❑ Pendulum Side to Side
- ❑ Abduction
- ❑ Back Scratcher
- ❑ Wall Walk
- ❑ Pretzel Twist
- ❑ Taffy Pull
- ❑ Wings
- ❑ Drawbridge

Conclusion & Surveys
- ❑ Conclusion
- ❑ SF-12
- ❑ SF-36
- ❑ Patient Satisfaction Survey
- ❑ Test Your Knowledge