

DYNAMIC HAND THERAPY Re-Evaluation of Progress, Goals and Plan of Care

Patient: Paul Dulberg Physician: Dr. Telerico Date: 2/6/12

Diagnosis: Ⓡ Flexion laceration of wrist flexor Date of Injury: 6/28/11

Surgical Hx: Date 6/28/11 Procedure Sutured in ER Start of Care: 12/6/11

Number of visits to date: _____

SUBJECTIVE:

Pain: 2 /10 at rest / best 10 /10 with activity / at worst (See below)

Details: Very specific - Upon contracting FDS of SF, nerve pain is elicited 10/10 - lasts a few minutes, then 3-4/10 for approximately one day; Nodule at Scar site elicits nerve pain.

Function/ADL's: Unable to identify; Mousing on computer has slightly improved.

Continued difficulties: Holding cup/can in his hand, maintaining a fist; Pt. reports that he is using his RUF very little to avoid aggravating the nerve.

OBJECTIVE:

Wound/Scar: Cont hypersensitivity w/ Scar

See flow sheet for: * Cont Wartenberg's sign SF

☐ Edema: _____

☒ Sensation: 6-6.5 (Deep pressure sensation) ulnar hand, Diminished protective sensation when forearm.

☒ ROM: 1st d. elbow extension, pron/sup, wrist ext and UD noted

☒ Strength: 1st d grasp x 12th Smith premanoeval, decreased pinch noted since initial visit

Treatment summary to date: Focus of tx has been Scar control, desensitization, stretching, place, hold, TGE/Isolated FDS, Composite stretching

Assessment/therapist impression: Pt presents r very specific issues - Upon isolating FDS to SF only, a strong neurological reaction is elicited along ulnar nerve. This occurs 100% of the time. This is decreasing his rate progress and overall strength

Goals: STG's met: ☒ yes ☒ no
Rom/pain (grasp) LG's met: ☐ yes ☐ no

Revised functional goals: goal

1. TBA

2. _____

3. _____

Patient: Paul DulsbergSkilled therapy needed for: ☐ progression of exercise ☐ continued need for manual therapy☐ other: _____

PLAN:

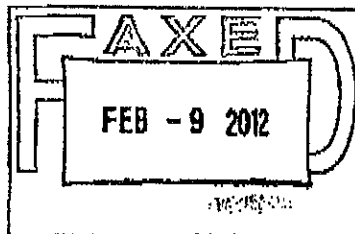
Modalities: PT to be placed on hold until he seeks further medicalExercise: intervention - this issue seems to be caused by one specific
problem that is not being improved in therapy - thisSplinting: SF FDS appears to be affecting his ulnar nerveOther: every time it is fixed.***Frequency/Duration: Hand OT - RTMD
_____ times/week for _____ weeks or _____ additional visits***

I have reviewed this plan of care and recertify a continuing need for services from the date of this updated plan of care; the above updated plan of care is herein established and will be reviewed every 30 days.

Additional requests/concerns: _____

Therapist Signature Mr. ShanahanPhysician's Signature [Signature]date 2/8/12

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Semmes-Weinstein Monofilament Sensory Testing Results

Date: 2/6/12Patient: Paige Dulberg

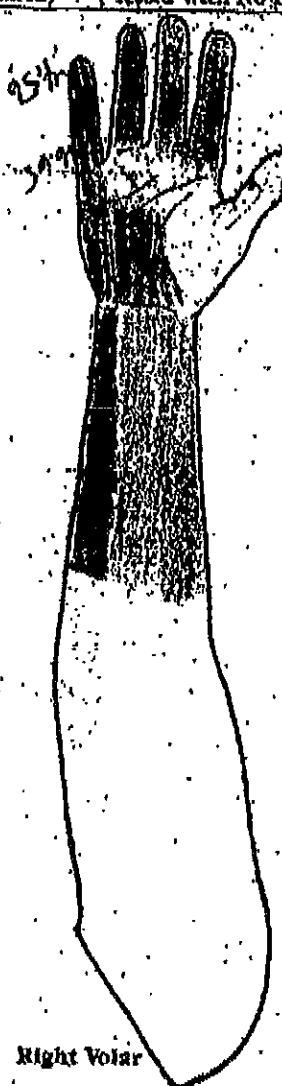
Comments	Filament	Interpretation	Force (gms)
	1.65 - 2.83 (Green)	Normal	.008 - .08
	3.22 - 3.61 (Blue)	Diminished Light Touch	.172 - .217
	3.64 - 4.34 (Purple)	Diminished Protective Sensation	.445 - 2.35
	4.56 (Red)	Loss of Protective Sensation	4.19
	6.65 (Red)	Deep Pressure Sensation	279.4
	(Red Lined)	Tested with No Response	



Left Dorsal



Left Volar



Right Volar



Right Dorsal

Tested by: MAAP Shamash Arun

Dynamic Hand Therapy -- Active Range of Motion

Patient Name:

Neil Dillberg

	(L)	(R)	(R)	(B)
Exam Date	12/4/11	1-5-12	2/6/12	
Shoulder				
Flexion				
Extension				
Abduction				
External Rotation				
Internal Rotation				
Elbow & Forearm				
Flexion	146	134	140	146
Extension	0	-3	-15	5
Pronation	75	65	65	70
Supination	75+	65	85	70+
Wrist				
Flexion	30	75+	30	30
Extension	25+	55	60	65
Radial Deviation	25	20+	15	15
Ulnar Deviation	15	30+	25	25
Thumb				
MCP Extension/Flexion				
PIP Extension/Flexion				
Radial Abduction				
Palmar Abduction				
Opposition				
Index Finger				
MCP Extension/Flexion				
PIP Extension/Flexion				
DIP Extension/Flexion				
TAM				
Long Finger				
MCP Extension/Flexion				
PIP Extension/Flexion				
DIP Extension/Flexion				
TAM				
Ring Finger				
MCP Extension/Flexion				
PIP Extension/Flexion				
DIP Extension/Flexion				
TAM				
Small Finger				
MCP Extension/Flexion				
PIP Extension/Flexion				
DIP Extension/Flexion				
TAM				
Therapist Initials	MPJ	MPJ	MPJ	

Dynamic Hand Therapy Edema Flow Sheet

Patient Name: *Paul D. Mena*

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Circumferences (cm):	Control	L.R.	Involved (R)	Diff.	Involved L.R.	Diff.	Involved L.R.	Diff.	Involved L.R.
wrist flexion crease	17.5	17.2	16.7	0.5					
1st metacarpals	20.1	20.1	20.1	0.0					
metacarpals	20.8	20.8	20.8	0.0					
Thumb									
MP									
P1	17.4	17.4	17.4	0.0					
IP									
P2									
Index Finger									
P1	7.3	7.3	7.1	0.2					
PIP									
P2									
DIP									
P3									
Middle Finger									
P1	6.8	6.8	6.8	0.0					
PIP									
P2									
DIP									
P3									
Ring Finger									
P1	6.5	6.5	6.0	0.5					
PIP									
P2									
DIP									
P3									
Small Finger									
P1	6.0	6.0	6.1	0.1					
PIP									
P2									
DIP									
P3									
Volumetric (ml)									
Trial 1									
Trial 2									
Trial 3									
Average									
Therapists Initials									

DYNAMIC HAND THERAPY Re-Evaluation of Progress, Goals and Plan of Care

Patient: Paul Dullberg Physician: D. Fabrice Date: 1-5-12
 Diagnosis: (R) Trauma laceration of wrist flexor Date of Injury: 6-28-11
 Surgical Hx: Date 6-28-11 Procedure Sutured w/ ER Start of Care: 10-6-11
 Number of visits to date: _____

SUBJECTIVE:

Pain: 4-5 /10 at rest / best 9 /10 with activity / at worst

Details: Spikes of pain up to 9/10 that lasts only a few seconds

Function/ADL's:

Improvements: No functional improvements due to T in tendons

Continued difficulties: writing, using mouse, pouring coffee, manipulating small objects, wearing wt through palm

OBJECTIVE:

Wound/Scar: Minimal hypertrophy with a bump increasing in size on ulnar side

See flow sheet for:

☒ Edema: Moderate edema across MCP joint

☐ Sensation: TBt intact wrist due to tendon constraints

☒ ROM: Elbow / Td 6°, wrist / Td 5° wrist / Td 5°

☒ Strength: Right Td 17# (R) = 89% of (L)

Treatment summary to date: MTP, US, van mode, STM, Pneu ball, wrist & digit. Arc of motion, intrinsic exercises, forearm strengthening

Assessment/therapist impression: Rt shows improvements in ROM but functional improvement limited due to T in tendons

Goals: STG's met: ☒ yes ☒ no LTG's met: ☐ yes ☐ no

Revised functional goals: 4 weeks

1. (Cont.) ↑ (R) pronation 5-8° to ↑ pt's ability to pour coffee

2. ↑ (R) grip another 5# to improve ability to hold onto coffee mug or open jars

3. Rt to report pain 2-3/10 at best to enable him to use (R) UE to assist in ADL's

Patient: Paul MulbergSkilled therapy needed for: ☒ progression of exercise ☐ continued need for manual therapy☐ other: Scm and STM from elbow, wrist, digits

PLAN:

Modalities: MHC, U.S., - PRNExercise: AROM elbow, wrist, digits, intrinsic exercises,
functional grip & pinch, strengthening as tolerated

Splinting: _____

Other: _____

Frequency/Duration: 2-3 times/week for 4 weeks or 8-12 additional visits

I have reviewed this plan of care and recertify a continuing need for services from the date of this updated plan of care; the above updated plan of care is hereby established and will be reviewed every 90 days.

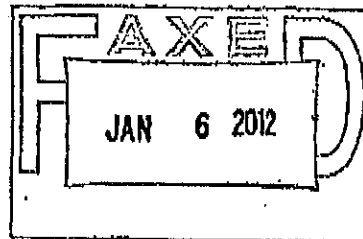
Additional requests/concerns: _____

[Signature]
Therapist Signature[Signature]
Physician's Signature

date

1/6/12

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Dynamic Hand Therapy -- Active Range of Motion

Patient Name:

Jill Dillberg

Exam Date	12/6/11	1-5-12						
Shoulder								
Flexion								
Extension								
Abduction								
External Rotation								
Internal Rotation								
Elbow & Forearm								
Flexion	146	134	140					
Extension	0	-3	-15					
Pronation	75	65	65					
Supination	75+	65	85					
Wrist								
Flexion	30	75+	30					
Extension	75+	55	60					
Radial Deviation	25	20+	15					
Ulnar Deviation	15	30+	25					
Thumb								
MCP Extension/Flexion								
PIP Extension/Flexion								
Radial Abduction								
Palmar Abduction								
Opposition								
Index Finger								
MCP Extension/Flexion								
PIP Extension/Flexion								
DIP Extension/Flexion								
TAM								
Long Finger								
MCP Extension/Flexion								
PIP Extension/Flexion								
DIP Extension/Flexion								
TAM								
Ring Finger								
MCP Extension/Flexion								
PIP Extension/Flexion								
DIP Extension/Flexion								
TAM								
Small Finger								
MCP Extension/Flexion								
PIP Extension/Flexion								
DIP Extension/Flexion								
TAM								
Therapist Initials	MPJ	MPJ	NDJ					

Dynamic Hand Therapy Edema Flow Sheet

Patient Name: *Paul Williams*

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Circumferences (cm)	Control	Involved	Diff.	Involved	Diff.	Involved	Diff.	Involved	Diff.
wrist flexion crease	15.12	15.12							
1st metacarpals	10.7	10.7							
2nd metacarpals	23.1	23.1							
3rd metacarpals	20.8	20.8							
Thumb									
MP									
P1	7.4	7.7	0.3						
IP									
P2									
Index Finger									
P1	7.3	7.1	0.2						
PIP									
P2									
DIP									
P3									
Middle Finger									
P1	6.8	6.8							
PIP									
P2									
DIP									
P3									
Ring Finger									
P1	6.5	6.6	0.1						
PIP									
P2									
DIP									
P3									
Small Finger									
P1	6.0	6.1	0.1						
PIP									
P2									
DIP									
P3									
Volumetric (ml)									
Trial 1									
Trial 2									
Trial 3									
Average									
Therapist's Initials	WJ	WJ							

Dynamic Hand Therapy Grip/Pinch Strength Flow Sheet

Patient Name: Rose, Delberg

Exam Date	12/6/11	12/6/11	1/5/12	1/5/12	1/5/12	1/5/12	1/5/12	1/5/12	1/5/12
Measurements: Kg Lb	R	L	R	L	R	L	R	L	R
Grip strength-jamar 2nd position									
Trial 1	126	135			121	141			
Trial 2	92	145			118	142			
Trial 3	110	146			138	141			
Average:	109				126 #	141 #			
Grip Curve-Jamar Dynamometer					12174				
Intrinsics 1st position					872				
2nd position									
3rd position									
4th position									
Extensors 5th position									
Rapid Alternation Test									
Pinch Strength									
3-pt (3-jaw chuck)	26	29							
2-pt (pad)	20	18							
Lateral Key	28	26							
Examiners Initials	WVS	WVS							

DYNAMIC HAND THERAPY Initial Evaluation

Name: Paule Dulberg Date: 12/6/11

Physician: Dr. Telesio Date of injury/onset: 6/28/11

Diagnosis: (R) Forearm laceration of ante. flexor

Mechanism of Injury/Hx of current complaint: Chainsaw to forearm - Neighbor using chainsaw. Turned around and cut patient's arm

Surgical Hx: Date 6/28/11 Procedure Sutured in ER
Date _____ Procedure _____

PMH &/or Hx relevant to injury: WF Ulnar nerve transection - 4-5 years ago, D/D C3-7

Occupation: Graphic Design Hand Dominance (R) L

Precautions: _____

SUBJECTIVE:

Pain: 1-2 / 10 at rest / best 8 / 10 with activity / at worst

Details: Pain 9/10 urgent - wakes him at night, 9/10 at work; Pain occurs where scar seems adhered to ulnar border of ulna

OBJECTIVE:

Wound/Scar: Healed well; mild hypertrophy noted; mild adherence to muscle hole

See flow sheet for:

☐ Sensation: TBA; Hypersensitivity noted in forearm

☒ Range of Motion Limitations noted in (R) Elbow, forearm, & wrist

☐ Edema No sig edema noted today

☒ Strength Limitations noted in (R) Grasp; 3 pt pinch

Flexibility: Intrinsic/Extrinsic: Tight extrinsics and intrinsic

Function/ADL's: Prior level of function: (D) E RVE

Current level of function: Difficulty hammering, writing, ironing (work involves typing/mc)

Turning door handle, pouring coffee, manipulating small objects, bearing weight thru palm

Other Relevant Findings: (+) Wartenberg's Sign; ADM: 3/5, ODM: 3/5; FDS-SF: 4/5

FDS RF 4+5 = pain

Patient name: Raul Durbung

Assessment/Therapist Impression: pt presents 2 par, Rom deficits, strength deficits,
Tight extensors, significant deficits during functional activities. Numerous things
reported - must be assessed more specifically.

Skilled Therapy needed in order to: Improve Rom, improve pain

Functional Goals:

Short term (X4 weeks)

1. (R) wrist extension x 5-8° to (R) pt's ability to bear weight through palm.
2. (R) grasp x 3-5# to (R) pt's ability to open containers
3. (R) pro x 5° to (R) pt's ability to pour coffee.

Long term

1. Maximizing functional use of RVE during all ADLs.

Goals discussed with patient? ☒ yes ☐ no Patient informed of diagnosis/prognosis? ☒ yes ☐ no

Rehabilitation potential: ☐ excellent ☒ good ☐ fair ☐ guarded Other _____

PLAN:

Modalities MHP, CP, USManual Techniques STM, scar central, adduct, MPR

Therapeutic Exercise/Activities stretching, scar mob, TGE, Nerve gliding,
gentle strengthening as tolerated, isolated FDS, desensitization

Splinting _____

Other _____

Frequency 2 times / week for 4 **DEC 12 2011** weeks or 8 visits

Additional requests/concerns: _____

I certify the need for these services furnished under this care plan date aforementioned above. The above plan is herein established and will be reviewed every 30 days.

[Signature]
 Therapist Signature date

[Signature]
 Physician Signature

12/12/11
 date

*PLEASE FAX BACK AT 847-587-3346

Dynamic Hand Therapy -- Active Range of MotionPatient Name: Paul Dillberg

Exam Date	12/10/11								
Shoulder									
Flexion									
Extension									
Abduction									
External Rotation									
Internal Rotation									
Elbow & Forearm									
Flexion	146	134							
Extension	0	-3							
Pronation	75	65							
Supination	75	65							
Wrist									
Flexion	80	75							
Extension	75	55							
Radial Deviation	25	20							
Ulnar Deviation	15	30							
Thumb									
MCP Extension/Flexion									
PIP Extension/Flexion									
Radial Abduction									
Palmar Abduction									
Opposition									
Index Finger									
MCP Extension/Flexion									
PIP Extension/Flexion									
DIP Extension/Flexion									
TAM									
Long Finger									
MCP Extension/Flexion									
PIP Extension/Flexion									
DIP Extension/Flexion									
TAM									
Ring Finger									
MCP Extension/Flexion									
PIP Extension/Flexion									
DIP Extension/Flexion									
TAM									
Small Finger									
MCP Extension/Flexion									
PIP Extension/Flexion									
DIP Extension/Flexion									
TAM									
Therapist Initials	WJ	WJ							

Dynamic Hand Therapy Grip/Pinch Strength Flow Sheet

Parent Name: Paul D. Berg

Exam Date	12/6/11		12/6/11													
Measurements: Kg	Lb	R	L	R	L	R	L	R	L	R	L	R	L	R	L	L
Grip strength - lean at 2nd position																
Trial 1		126	135													
Trial 2		92	145													
Trial 3		110	146													
Average:																
Grip Curve - linear Dynamometer																
Intrinsics 1st position																
2nd position																
3rd position																
4th position																
Extrinsics 5th position																
Rapid Alternation Test																
Pinch Strength																
3-pt (3-jaw chuck)		26	29	previous 29												
2-pt (pad)		20	18	previous 18												
Lateral Key		28	26	previous 26												
Examiners Initials		MWS	MWS													