

Prescription for Physical Therapy

Case 1 Therapy for Subdeltoid Bursitis, Acute or Subacute

<i>Treatment</i>	<i>Time Minutes</i>	<i>Specifications</i>
Short wave diathermy	20	Coil or drum, right shoulder
Massage	10	Light or deep stroking and kneading to right shoulder
Exercise	10	Relaxed passive ; active and assistive: graduated as to tolerated, attempting normal range ;shoulder wheel and ladder, when tolerated

Treat twice a day; physician to be seen after two days.

Instructions: (1) heat lamp thirty minutes twice a day for home use; (2) Codman exercises.

Case 2 Therapy for Colle's Fracture Five Weeks After Reduction, with Shoulder and Hand Stiffness

<i>Treatment</i>	<i>Time Minutes</i>	<i>Specifications</i>
Hydrotherapy	30	Whirlpool bath, water temperature 110 ° F right arm and hand
Massage	10	Deep stroking and kneading, right hand , elbow and shoulder; friction: wrist and fingers
Exercise	10	Active and assistive: attempt normal range , hand, elbow and shoulder; moderate forcing to shoulder and fingers

Treat daily for two weeweeks ; physician to be seen after one week.

Instructions: (1) contrast baths for hands; (2) active hand and shoulder exercises daily at home.

Case 3 Therapy for Median Nerve and Flexor Tendon Laceration, Right Forearm

<i>Treatment</i>	<i>Time Minutes</i>	<i>Specifications</i>
Hydrotherapy	30	Whirlpool bath, right hand and arm: water temperature 104 ° F.(anesthetic area right palm)
Massage	10	stroking and kneading , right hand and forearm: friction along scar
Electrical stimulation	10	Galvanic or low frequency sinusoidal: intrinsic hand muscles supplied by median nerve 30 to 50 contractions daily
Exercise	10	Active and assistive: attempt normal range , wrist and hand flexors and extensors; reeducatin: intrinsic hand muscles; gentle stretching for long flexors

Treat daily; physician to check every other day.

To occupational therapy for activities to encourage use of the fingers.

Case 4 Therapy for Acne Vulgaris

<i>Treatment</i>	<i>Time</i>	<i>Specifications</i>
Ultraviolet (hot quartz mercury vapor lamp)	2 minimal erythema doses: increase to 10 minimal erythema doses	1 exposure, face, neck, anterior part of chest: increase dose by 1 minimal erythema dose at each treatment

Treat three times weekly; total number of treatments, 15; recheck every two weeks