

SportsCare

Physical Therapy

"For the Athlete in All of Us"



ARMWORKS HAND THERAPY

Elbow, Wrist and Hand

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Gresham
George Eischen, PT
Ryan Glover, OTR/L, CHT
Mt. Hood Professional Plaza
24076 SE Stark St., Ste. 200
Gresham, OR 97030
Phone: 503-491-1666
Fax: 503-491-1667 | <input type="checkbox"/> NE Portland
Joe Fricke, PT
Ryan Glover, OTR/L, CHT
10748 NE Halsey Street
Portland, OR 97220
Phone: 503-257-9881
Fax: 503-257-8964 | <input type="checkbox"/> Clackamas
Ethan Collier, DPT
Ryan Glover, OTR/L, CHT
3 Town Center
10121 SE Sunnyside Rd., Ste. 208
Clackamas, OR 97015
Phone: 503-794-0103
Fax: 503-794-0104 | <input type="checkbox"/> Beaverton
Joe Shannon, DPT
Ryan Glover, OTR/L, CHT
15390 NW Cornell Rd., Ste 230
Beaverton, OR 97006
Phone: 971-245-6663
Fax: 971-245-6664 |
|--|--|--|--|

■ **Patient Name** _____ **Today's Date** _____

■ **Diagnosis** _____ **ICD-10 Code** _____

■ **Patient Aware of Diagnosis?** Yes No

■ **Special Orders or Precautions:** _____

Evaluate and Treat

Treatment Goals

- Increase ROM
- Increase Strength
- Decrease Pain
- Decrease Inflammation
- Patient Education
- Return to Work
- Home Program
- Other: _____

Advanced Treatment

- AlterG Treadmill
 – Up to 80% reduced
 bodyweight rehabilitation
 or training
(Gresham only)
- BikeFit
 – Ergonomic adjustments
 for increased efficiency
 and injury prevention
(NE Portland only)

Exercise

- Home Exercise
- Active ROM
- Isometric
- Progressive Resistive
- Gait Training
- Proprioception
- Plyometrics
- Tubing
- Balance Desensitization
- Coordination

Manual

- Passive ROM
- Active Assist ROM
- Joint Mobilization
- Traction
- Massage
- Myofascial Release

Modalities

- Ice
- Heat
- Ultrasound
- Iontophoresis
- Phonophoresis
- Electrical Stimulation
- Whirlpool
- TENS or IFC
- Fluidotherapy
- Mech. Traction

Specialty

- Aquatics Program
- Biofeedback
- Orthotics
- Brace/Support
- TENS
- Paraffin Bath
- Chronic Pain

Hand Therapy

Treatment

- Desensitization
- Coordination
- Scar Mobilization
- Paraffin Bath
- Fluidotherapy
- Splint: _____

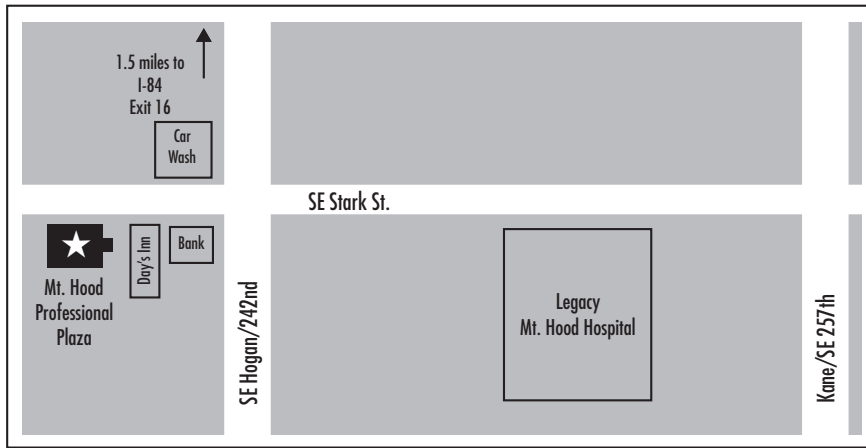
Industrial

- Ergonomic Assessment
- Physical Capacity Eval.
- Work Conditioning
- Body Mechanics

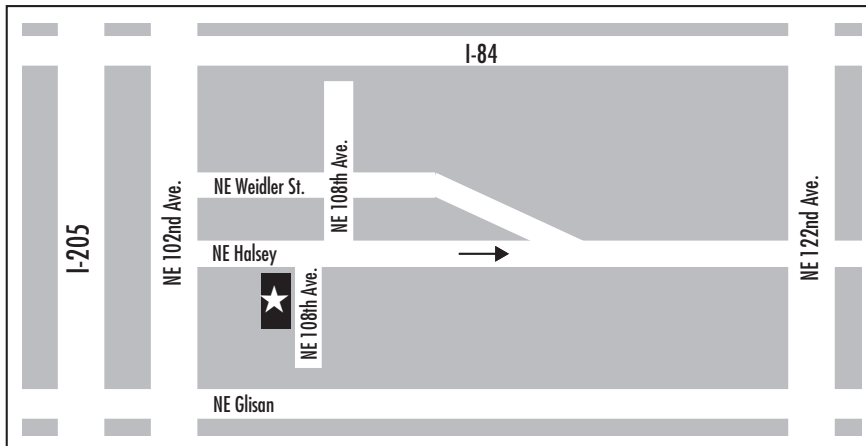
■ **Frequency** Daily 3x Wk 2x Wk 1x Wk Other _____

■ **Duration** 1 Week 2 Weeks 3 Weeks 4 Weeks Other _____

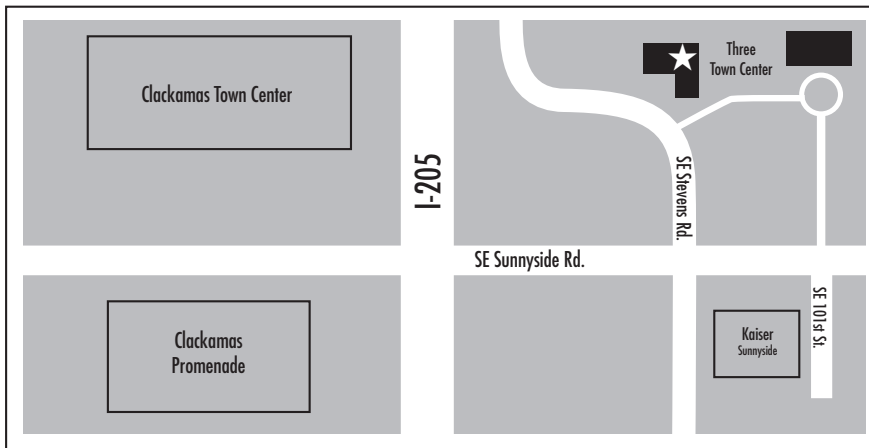
■ **Physician Signature** _____ **Date** _____



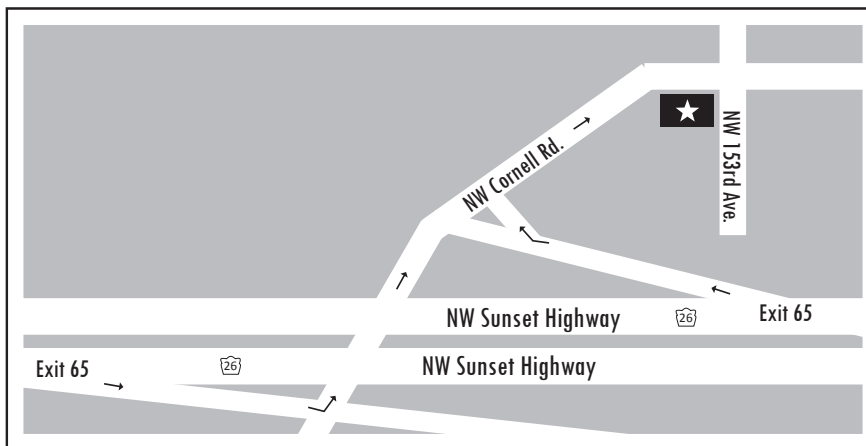
Gresham
 Mt. Hood Professional Plaza
 24076 SE Stark St., Suite 200
 Gresham, OR 97030
 503-491-1666
 503-491-1667 Fax
 ContactGresham@sportscarept.net
 contact@armworks.net
 George Eischen, PT
 Ryan Glover, OTR/L, CHT



NE Portland
 10748 NE Halsey Street
 Portland, OR 97220
 503-257-9881
 503-257-8964 Fax
 contactneportland@sportscarept.net
 contact@armworks.net
 Joe Fricke, PT
 Ryan Glover, OTR/L, CHT



Clackamas
 3 Town Center
 10121 SE Sunnyside Rd., Ste. 208
 Clackamas, OR 97015
 503-794-0103
 503-794-0104 Fax
 ContactClackamas@sportscarept.net
 contact@armworks.net
 Ethan Collier, DPT
 Ryan Glover, OTR/L, CHT



Beaverton
 15390 NW Cornell Rd., Ste 230
 Beaverton, OR 97006
 971-245-6663
 971-245-6664 Fax
 contactbeaverton@sportscarept.net
 contact@armworks.net
 Joe Shannon, DPT
 Ryan Glover, OTR/L, CHT