

Deann Koyn, PT

Physical Therapist

Physical Therapy

Progress Notes

Encounter Date: 10/13/2020

Signed

Physical Therapy Progress Note

Patient Name: Jeffrey Bodin

Today's Date: 10/13/20

23 y.o. 4 m.o.

Subjective:

Pt reports sz activity pm of 10/10/2020 lasting for possibly 1-2 min w loc. EEG to be scheduled

Pt c/o pain 4/10 ant shoulder w movement and following ex

Objective:

Pt participated in 55 min there ex addressing ROM, strength, functional mobility and 10 min CP application

Therapeutic Exercises performed:

Warm up UBE 4 min fwd, 3 min b'ward

TG 2 x 15:

B and unilateral rows inc 9

Reverse fly

rotation inc 6

Bicep curl supine inc 8

tricep curl supine inc 6

Standing:

shoulder abduction w GTB

B shrugs

ER/IR, abd w YTB

Supine wand ex 3 x 10 reps:

scap punches 6#

Flexion 2#

CP to R shoulder 10' after tx

Education: Pt to work on R shoulder shrugs, abd, IR and ER.

Assessment:

Concerns w prominent AC joint region indicating probable atrophy

Weakness w shoulder ER and abd remains

Pain 1/10 after CP application reported by pt

Pt presents with limited R UE strength and ROM following surgery. Pt would benefit from skilled PT to address ROM, musculoskeletal and mobility concerns.

To address the following goals:

Short term (3 weeks)

1. Initiate HEP

2. Pt achieving 180* R shoulder flexion w supine wand ex
3. Pt performs R shoulder doorway stretch w proper form 3/3 visits
4. R shoulder flex AAROM 150* or greater seated
5. Pt pain free w wall wipes x 1'

Long term (6 weeks)

1. Pt indep w HEP to include appropriate use of bands and weighted wand
2. Pt performs 4 UE ex on Total Gym 2 x 30 reps w no increase in pain reported
3. R PROM shoulder ER 40*
4. R PROM shoulder flexion 180*
5. UEFI less than 35% impairment

Plan

Outpatient PT per POC w emphasis on daily HEP

Treatment/Interventions: there ex, there activity, moist heat/ice, manual therapy, therapeutic taping, pt education re body mechanics, self care and HEP

PT Frequency: 1x/wk for 60 min sessions

Plan Duration: 6 weeks

Therapist: Deann Koyn, PT

Electronically signed by Deann Koyn, PT at 10/13/2020 9:12 AM