



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Hand Contusion/Crush Injury

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Precaution: Watch out for Complex regional pain syndrome

PLAN

Splint- for pain and edema control- wean off as soon as feasible

Patient education, pain control and ergonomics

Edema reduction

Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase

Phase II & III exercises

Gentle wrist and finger ROM- AAROM and AROM

Tendon gliding exercises

Home Exercise program

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 6 weeks

Signature: _____

Date: _____

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407