

# Mobility Physical Therapy

19232 Seacliff Drive  
Edmonds, WA 98002-  
Phone (425) 555-7890 Fax (425) 555-3454

# Physical Therapy

## HAND EVALUATION

**Patient:** Clancy, Stan

**Date** 25-May-07

**Dx #1** 817.0 - Fractures (multiples of hand, closed) - Left

**Date of Birth** 12-Oct-67 **Age** 41

**Gender** Male

**Claim** 993.3

**Account** 993

**Occupation** Press operator

**Employer** Rockville Industries

**Employment** Full Time

**Date of Onset** 06-Mar-07 **Start of Care** 17-Apr-07

**Physician** Cummins, Bob C NPI: 8901234567

**Insurance** pemco

### History

Was operating tool press, L sleeve caught, L hand and fingers compressed machine; extensive swelling and bruising, fractures of L 4th and 5th metacarpals

### PRIOR LEVEL OF FUNCTION

normal use of both hands, finger dexterity, fine coordination

**HAND DOMINANCE**  Right  Left  Both

**MEDICATIONS** anti-inflammatory and OTC pain medications

### MED HISTORY

### SURGERY DATE

### Pain / Symptoms

#### CURRENT SYMPTOMS

Constant aching entire L hand and fingers; loss of mobility L 4th and 5th digits; 1+ edema L and wrist, 2+ edema digits 2, 3, 4, & 5

**PAIN LEVEL** **Current** 3 **At Best** 2 **At Worst** 5 (scale of 0 to 10)

#### COMMENTS

Intermittent throbbing into mid palm and fingers 4 & 5; sharp pain with attempted active movement L 4th & 5th digits

### Examination

**VITAL SIGNS** **Blood pressure** 130 / 81 **Pulse** 72

**ROM** Left Extremity

#### Wrist AROM

Movement	Degrees
FLX	12
EXT	-5
RD	0
UD	0

Movement	Degrees

Movement	Degrees

#### Fingers AAROM

	MCP		PIP		DIP		Tip to DPC (cm)
	Flex. / Ext.	Flex. / Ext.	Flex. / Ext.	Flex. / Ext.	Flex. / Ext.		
Index	45	-8	30	-12	15	30	10
Middle	47	-8	42	-12	22	21	10
Ring	12	-12	15	-10	-8	12	10
Small	18	-22	15	-12	-10	12	10

#### Thumb AAROM

		Action	
CMC	Abd / Add	45	21
MCP	Flx / Ext	20	60
IP	Flx / Ext	45	45

#### Cmts

Good active movement L shld and elbow (including pronation/supination)

#### CONTRACTURES

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### POSTURE

Holding L hand in slight palmar flx, elbow flexed, arm adducted close to L side, elevated L shld/trap

### STRENGTH

Muscle / Action	Right	Left	Muscle / Action	Right	Left
Abd pol longus	5	4+	Ext.carpi ulnaris	5	3-
Ext carpi rad longus	5	4-	Ext.policis brevis	5	4-
Flx carpi radialis	5	3			
Flx carpi ulnaris	4	3-			
Dorsal interossei	4	3			

	Right	Left
<b>Grip</b>	35 psi	10 psi
<b>Push</b>	40 lbs	no tolerance

	Right	Left
<b>Pinch</b>	15 lbs	no toleranc
<b>Pull</b>	45 lbs	no tolerance

**Cmts** Extensive compensatory patterns noted with positioning and attempted active movements with L forearm and hand

### SENSORY

Loss of temperature and tactile sensory responses along ulnar L forearm, wrist, and hand and medial/lateral L 5th digit

EDEMA	Wrist	Thumb	MCP	DIP	Fingers	PIP	DIP
	1+				Index	2+	2+
					Middle	2+	2+
					Ring	2+	2+
					Small	2+	2+

**Cmts** Extensive edema L 4th and 5th digits and L hand; extensive discoloration along L 4th & 5th metacarpals and associated soft tissues

### HAND STEADINESS

Normal

### FINGER DEXTERITY

Delayed L fine motor coordination; especially 4th and 5th digits

### MOTOR SKILLS

Loss of strength during L grip and pinch

### TESTS

- Finkelstein    PseudoFinkelstein    Tinel's    Resisted pinch    Watson  
 MC base ulnar translation stress    Phalen's

**Cmts** Significant loss of L pulse and decrease temperature distal L forearm/hand with L hand elevation above shoulder level

### DIAGNOSTIC STUDIES

MRI: Communited fracture L 5th MC joint

### OTHER FINDINGS

Extensive fluid along L 5th metacarpal

### Assessment

Good function in L thumb, index, and middle fingers. Skin lacerations healing well. Bruising diminished. Great attitude; should do well in rehab

### Rehab Goals

#### SHORT TERM GOALS

Improve L 4th and 5th digit ROM in 2 - 3 wks

#### LONG TERM GOALS

Regain functional grip L hand in 4 - 6 wks

