

Physical Therapy Prescription for:

label

Diagnosis: Peroneal nerve compression at fibular head

Surgical Procedure: Peroneal nerve decompression

Eval & Treat: 2x/weeks x 6 weeks

Date of Surgery:

PERONEAL NERVE DECOMPRESSION PHYSICAL THERAPY PROTOCOL:

- Please evaluate and treat
- Goal: reduce pain, increase endurance, increase ROM, increase strength, improve functional mobility
- Manual therapy techniques and modalities PRN
- Therapeutic exercises
 - Crutches for comfort, wean as able
 - Passive/active stretching
 - PROM, AAROM, AROM
 - Strengthening * especially ankle dorsiflexors and peroneals *
 - Quadriceps strengthening

Lauren H. Redler, M.D.

Date