



Treatment Plan Worksheet

This worksheet will help you plan a BTE PrimusRS treatment program for your client. After completing all sections, select or create a template in the Treatment Setup section of the PrimusRS that reflects the outline created. You may also use the Task Analysis Form for planning functional related activities.

Name:	D.O.B:	Date:
Hand Dominance: Right Left N/A	Injured Side: Right Left Both N/A	
Date of Injury:	Diagnosis:	
Date of Surgery:	Notes:	
Treatment Objectives: <input type="checkbox"/> Isometric Strengthening <input type="checkbox"/> ROM/CPM <input type="checkbox"/> Strengthening <input type="checkbox"/> Endurance <input type="checkbox"/> Isolated Function <input type="checkbox"/> ADL <input type="checkbox"/> Return to Work <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____		

☐ Upper Extremity

Isolation: <input type="checkbox"/> 601 Sup/Pro <input type="checkbox"/> 701 Wrist Flex/Ext <input type="checkbox"/> 701 Elbow Flex/Ext <input type="checkbox"/> 701/802 Shoulder Flex/Ext <input type="checkbox"/> 701 Shoulder Int/Ext Rotation <input type="checkbox"/> 701/802 Shoulder Abd/Add
Hand Dexterity and Strength: <input type="checkbox"/> 162 Grip <input type="checkbox"/> 151 Pinch - Tip Key Palmer <input type="checkbox"/> 202 Key <input type="checkbox"/> 102 Small Knob <input type="checkbox"/> 302 Large Knob <input type="checkbox"/> 504 Large Screwdriver <input type="checkbox"/> 502 Small Screwdriver <input type="checkbox"/> 303 Round Knob <input type="checkbox"/> 103 Tool Use
Integrated Functions: <input type="checkbox"/> 136 Steering Wheel <input type="checkbox"/> 122 UBE <input type="checkbox"/> 181 Ladder Climb <input type="checkbox"/> 191 PNF 802 Push/Pull <input type="checkbox"/> 901 _____ <input type="checkbox"/> 901 _____ <input type="checkbox"/> 191 _____ <input type="checkbox"/> 191 _____

☐ Lower Extremity

Isolation: <input type="checkbox"/> 701 Hip Flex/Ext <input type="checkbox"/> 701/802 Hip Abd/Add <input type="checkbox"/> 701 Hip Int/Ext Rotation <input type="checkbox"/> 701 Knee Flex/Ext <input type="checkbox"/> 701 Ankle Plantar/Dorsiflexion <input type="checkbox"/> 701 Ankle Inversion/Eversion
Integrated Functions: <input type="checkbox"/> 701 Foot Lever Press <input type="checkbox"/> 802 Closed Chain Leg Press <input type="checkbox"/> 802/191 Push/Pull <input type="checkbox"/> 191 Side Step <input type="checkbox"/> 191 Lunge Step <input type="checkbox"/> 901 _____ <input type="checkbox"/> 191 _____

☐ Back Rehabilitation

Back exercises on the PrimusRS should focus on functional movement patterns for strengthening and core stability.

Integrated Functions: ☐ 191 Lifting ☐ 802/191 Push/Pull ☐ 191 PNF
☐ 181 Ladder Climb (trunk stabilization) ☐ 136 Steering Wheel (trunk lateral flexion)
☐ 136 Steering Wheel ☐ 901 Push/Pull – overhead reach ☐ 191 _____

☐ CVA

Include cardiovascular conditioning, strengthening, endurance and coordination activities.

Neuromuscular coordination and motor control training can be accomplished utilizing the CPM mode with target force.

Integrated Functions: ☐ 151 Pinch ☐ 162 Grip ☐ 181 Ladder Climb (coordination)
☐ 136 Steering Wheel ☐ 136 Steering Wheel (wheel chair) ☐ 191 PNF ☐ 122 UBE
☐ 191 Lift/Push/Pull ☐ 191 _____

☐ Activities of Daily Living (ADL)

Common activities are listed below. Additional activities may be accomplished with a little creativity.

Utilize the Task Analysis Form to identify appropriate ADL exercises and activities.

Integrated Functions: ☐ 302 Jar Lid ☐ 202 Key Pinch ☐ 102 Bottle Cap ☐ 162 Grip
☐ 136 Steering Wheel ☐ 303 Round Knob (door knob) ☐ 103 Tool use ☐ 504 Functional grasp
☐ 502 Functional grasp ☐ 191 Lift/Push/Pull ☐ 901 Raking/sweeping/shoveling

☐ Work Task Simulation

Common activities are listed below. Additional activities may be accomplished with a little creativity.

Utilize the Task Analysis Form to identify appropriate work related exercises and activities.

Integrated Functions: ☐ 302 Valve Turn ☐ 202 Key Pinch ☐ 102 Machine Controls
☐ 162 Trigger Pull ☐ 136 Steering Wheel ☐ 701 Foot Peddle ☐ 103 Tool Use
☐ 504 Screwdriver ☐ 502 Screwdriver ☐ 191 Lifting ☐ 191 Pushing ☐ 191 Pulling
☐ 901 Sweeping ☐ 901 Shoveling ☐ 901 Painting ☐ 901 Sawing ☐ 601 Impact Wrench
☐ 191 Pull Down ☐ 136 Valve Wheel ☐ 802 Pry Bar ☐ 701 (with flat block) Pinch Push/Pull
☐ _____ ☐ _____ ☐ _____

☐ Custom

Use this area to list any additional exercises you would like to set up for your client.

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____