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### Creation of Occupational Therapy Treatment Protocols for Diagnoses Affecting the Upper Extremities

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# Creation of Occupational Therapy Treatment Protocols for Diagnoses Affecting the Upper Extremities

William R. Hughes, OTD/S

Expert Mentor: Brady Rittman OTR/L, CFE, CHT

Faculty Mentor: Carlene E. Johnson OTD, OTR/L

School of Occupational Therapy, Belmont University



## Benchmark Physical Therapy Mission and Vision

- “To inspire and empower the lives we touch, to serve our communities, lead with purpose driven passion.”
- “Through exceptional care and remarkable experiences, we choose to be the outpatient provider and partner of choice.”

## Identified Needs of the Agency and the Population

A needs assessment was completed with the agency of Benchmark Physical Therapy and the population. Treatment protocols created by the 2022 Capstone Student played a significant role in this need assessment. The following needs were identified:

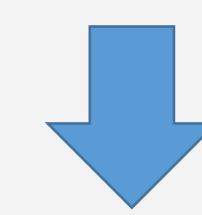
- Expansion of treatment protocol manual created by the 2022 Capstone Student.
- Occupation-based and occupational therapy focused treatment protocols covering diagnoses affecting the upper extremities.
- Comprehensive treatment protocol manual containing protocols created by the 2022 Capstone Student and the 2023 Capstone student accompanied by a guide for use in BPT clinics.

## Goals of Capstone Project

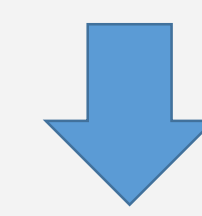
- Student will expand upon the project completed by 2022 Capstone Student by creating 20 additional treatment protocols pertaining to the upper extremities for the rehabilitation practitioners at Benchmark Physical therapy to utilize.
- Student will research various upper extremity diagnoses and treatment interventions to enhance the skills necessary to practice in an orthopedic setting .
- Student will distribute protocols to Certified Hand Therapist to ensure protocols are consistent with previous work and suitable for use in clinic.
- Student will compile and organize all treatment protocols into a comprehensive manual that can be digitized for use in the Benchmark Physical Therapy Clinic network.

## Protocol Development Process

Review of Protocols Created by 2022 Capstone Student



Selection of Diagnoses Based on Expert Mentor and Agency Needs



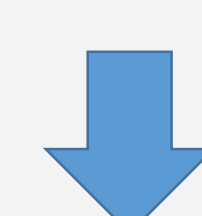
Review of Existing Literature and Treatment Protocols for Selected Diagnosis



Creation of Treatment Protocols using Gathered Resources



Receive Feedback from Expert Mentor and Make Necessary Changes to Treatment Protocols



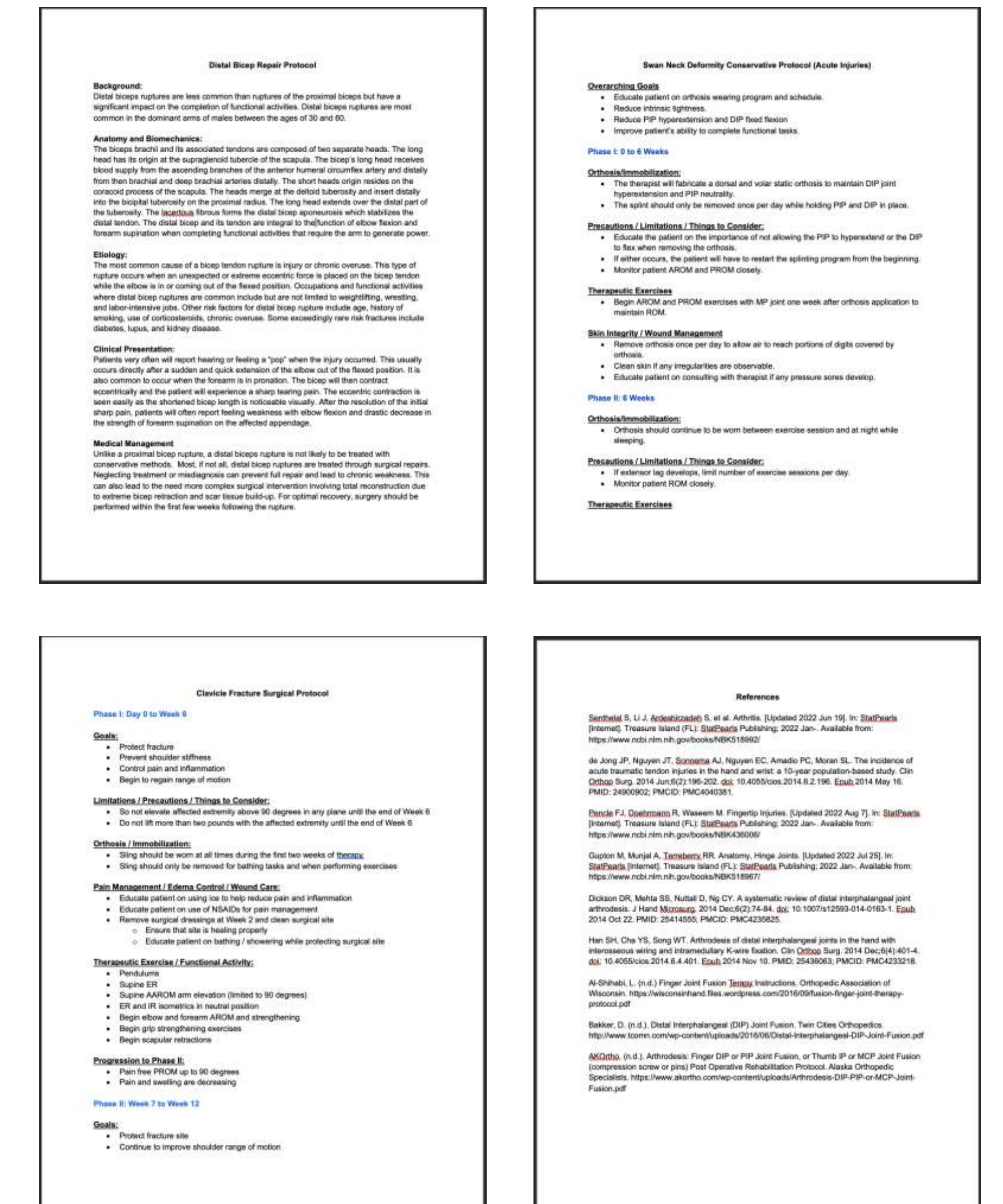
Comprehensive Treatment Manual Created Combining 2022 Capstone Protocols and 2023 Capstone Protocols

## Protocol Formatting

Treatment protocols were formatted to remain consistent with those created by the 2022 Capstone Student.

1. Synopsis and Background on Diagnosis
2. Anatomy and Biomechanics
3. Etiology
4. Clinical Presentation
5. Medical Management
6. Conservative Treatment Guidelines
7. Post-Operative Treatment Guidelines
8. Peer-Reviewed Sources and References

## Outcomes



## The OT Perspective

- Occupation-based treatment protocols enable occupational therapists to tailor their treatment and intervention methods according to the needs of each individual patient.
- Protocols such as the ones created for this project give the therapists at Benchmark Physical Therapy a source to base their treatment upon.

## Acknowledgements

- Brady Rittman, OTR/L, CFE, CHT, Expert Mentor
- Carlene E. Johnson OTD, OTR/L, Faculty Mentor
- Alexandra Ross, Belmont OTD Class of 2022
- Benchmark Physical Therapy
- The National Library of Medicine
- American Society of Hand Therapists
- Indiana Hand to Shoulder Center

References Available Upon Request