

Date: **16 Feb 2021**

Professional: **Catherine Moore**

Client: **Alan Ellis**



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## Patient #8383838 ROGERS, Elsie

### SECTION 1

#### Subjective Data

On Tuesday, Elsie presented with 6/10 elbow pain after falling down the stairs 2 weeks prior.

She reports implementing her mobility exercises twice each day and that she is now able to flex her elbow with an 80% range of motion.

Elsie seems enthusiastic about the exercises and her improvements but has acute pain when lifting objects over 5lb. She has ceased taking ibuprofen as the pain stopped on Tuesday.

### SECTION 2

#### Objective Data

Enhanced weight-bearing capacity and range of motion in her elbow confirm the strength- and flexibility-building exercise plan is having a good effect.

SECTION 3

**Assessment**

Increase dumbbell exercises to exercise regime to increase elbow strength.

SECTION 4

**Plan**

Reduce session frequency from 2x week to fortnightly while monitoring improvement.