



## **Preface**

The goal of OrthoIllinois' Lower and Upper Extremity Protocols is to serve as a resource for the physicians, therapists, nurses and other health care providers managing patients with lower and upper extremity medical conditions, injuries, or surgeries.

The collection of information of within the protocol manual is intended to serve as the foundation for developing a customized treatment program for the patient. Each individual's lower and upper extremity condition is unique and must be treated as such. We will, therefore, customize the treatment program for the patient instead of using the same plan for all individuals.

Staff therapists as well as surgeons at OrthoIllinois have worked together to compile this collection of protocols. Their individual expertise and knowledge has enabled the establishment of the treatment programs recommended in this manual.