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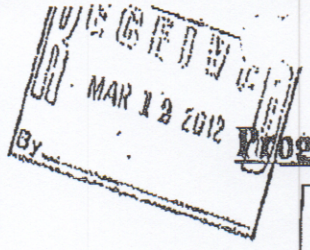

Progress Report

DOB: 8/22/1970
SOC: 12/15/2011
Diagnosis: 719.66, V54.9, 719.7
Onset: DOS: 11/21/2011
Visits: 12/14
Frequency: 2x4

Date: 3/7/2012
To: Dr. Gary Murata
RE: Tiffany Anderson
PT: Danielle Sartori, PT

Patient Subjectively: ☐ Resolved ☑ Improving ☐ Unchanged

Objective/Assessment

At this time Ms. Anderson reports feeling 40% back to normal due to continued swelling and pain in the R knee. Her pain ranges from 6-9/10 without use of pain medication and 2-6/10 with use of pain medications. She is able to walk for 5 minutes carrying 25 pounds at 1.5 mph on the treadmill before an increase in symptoms in the R knee, pain increased from 3/10 to 5/10. Strength testing of the lower extremities reveals quads, gastrocs, and hamstrings 5/5 bilaterally and glutes R 4/5 L 4+/5. Single leg reach test on R 12 inches pain 5-6/10 vs L 14 inches pain 2-3/10. Mr. Anderson would benefit from a work conditioning/hardening program to improve her work activity tolerance.

Functional Goals:	Status Update:
1. Patient to be I with HEP in 2 weeks.	1. Met
2. Patient able to ambulate 20 minutes for short community ambulation with 2/10 right knee pain in 6 visits.	2. Met
3. Patient able to bend, squat and lunge with 2/10 right knee pain in 12 visits.	3. Not met pain up to 6/10 with use of pain medication
4. Patient able to ambulate on uneven surface, step in/out of truck and lift 30 lbs. with 2/10 right knee pain in 18-24 visits.	4. Not met

Treatment Received

- ☑ Therapeutic Exercise
- ☑ Soft Tissue Mobilization
- ☐ Neuromuscular Re-Education
- ☑ Manual Therapy
- ☐ Mechanical Traction
- ☑ Home Program/ Patient Education
- ☑ Ice/Heat
- ☐ Ultrasound
- ☑ Electrical Stimulation
- ☑ Other: work conditioning/hardening

Plan of Care

- ☑ Continue Treatment: 2 X 6
- ☐ Home Program
- ☐ Gym Program
- ☐ Other: _____
- ☐ Discharge Reason: _____

Therapist Signature: [signature] Provider #: 33410

Please Sign below to Refer Patient For Continuation of Physical Therapy Treatment

PHYSICIAN SIGNATURE: [signature] DATE 3/9/12