

# DAILY NOTE

PATIENT'S NAME:

DATE:

4/30/09

Visit #:

5/6

Subjective: PT still off of work, MD concerned about medial knee swelling.

## Objective/Treatment:

☐ Initial Evaluation / Re-evaluation Completed

- ☒ E-Stim To med knee Type ITC Time 15  
☒ Ultrasound/Phonophoresis to med knee Cont. / Pulsed 20 % x 6 min. @ 1-8 W/cm<sup>2</sup>  
☐ Traction: Cervical/Lumbar Cont/Inter. @ \_\_\_\_\_ lb. x \_\_\_\_\_ min. (on \_\_\_\_\_ /off \_\_\_\_\_)  
☐ Hot Pack to: \_\_\_\_\_ x \_\_\_\_\_ min.  
☒ Cold Pack to: vaso @ knee x 15 min.  
☐ Aquatic Therapy, see flow sheet. x \_\_\_\_\_ min.  
☒ Therapeutic Exercises, see flow sheet. x 55 min.  
☐ Manual Therapy Technique x \_\_\_\_\_ min.:  
☐ HEP issued:  
☐ Case Conference with PTA.

☐ Other, describe:

Assessment: PT had a little more distal swelling on med medial knee. PT did well to this ex, no pain in knee or swelling. Encouraged pt to do more icing at home.

Plan: ☒ Progress per treatment plan ☐ Re-evaluate ☐ Discharge

Therapist: Ramona L. Smith, PT

DATE:

5/7/09

Visit #:

6/6

Subjective: PT feeling a little better, but med knee still swollen and a little sore.

## Objective/Treatment:

☐ Initial Evaluation / Re-evaluation Completed

- ☒ E-Stim To med knee Type ITC Time 15  
☒ Ultrasound/Phonophoresis to med knee Cont. / Pulsed 20 % x 6 min. @ 1-8 W/cm<sup>2</sup>  
☐ Traction: Cervical/Lumbar Cont/Inter. @ \_\_\_\_\_ lb. x \_\_\_\_\_ min. (on \_\_\_\_\_ /off \_\_\_\_\_)  
☐ Hot Pack to: \_\_\_\_\_ x \_\_\_\_\_ min.  
☒ Cold Pack to: vaso @ knee x 15 min.  
☐ Aquatic Therapy, see flow sheet. x \_\_\_\_\_ min.  
☒ Therapeutic Exercises, see flow sheet. x 55 min.  
☐ Manual Therapy Technique x \_\_\_\_\_ min.:  
☐ HEP issued:  
☐ Case Conference with PTA.

☐ Other, describe:

Assessment: PT had improved height and control to toes today. PT felt adductor & quad work well between knees for leg press & squat.

Plan: ☒ Progress per treatment plan ☐ Re-evaluate ☐ Discharge

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