

T... INC. dba LODI PHYSICAL THER...

631 S HAM LANE  
LODI, CALIFORNIA 95242

DAILY NOTE

PATIENT'S NAME: William Anderson

DATE:

6/25/08

Visit #:

1 / 6

Subjective: 10 pt H/O pn + swelling in knee since going up & off of truck for 2 days at work on 6/19/08. Pt has swelling following AM. Aggs: Standing > 15 mins, walking 1/2 mile, kneeling, knee bent/squat, stairs. Rest: rest, elevation, SB protein. P/OE: work a full 8 hr day getting in/out of truck & am on uneven surfaces and walking for exercise.

Objective/Treatment:  Initial Evaluation / Re-evaluation Completed  
 E-Stim To (2) knee Type IFC Setting high Time 75  
 Ultrasound/Phonophoresis to \_\_\_\_\_ Cont./Pulsed \_\_\_\_\_ % x \_\_\_\_\_ min. @ \_\_\_\_\_ W/cm<sup>2</sup>  
 Traction: Cervical/Lumbar Cont/Inter. @ \_\_\_\_\_ lb. x \_\_\_\_\_ min. (on \_\_\_\_\_ /off \_\_\_\_\_)  
 Hot Pack to: \_\_\_\_\_ x \_\_\_\_\_ min.  
 Cold Pack to: ice (2) knee x 15 min. 135° 135° mus 4/15 5/15  
 Aquatic Therapy, see flow sheet. x \_\_\_\_\_ min. 0° @ tank 20 knee 4/15 5/15  
 Therapeutic Exercises, see flow sheet. x 20 min. mpv 4/15 5/15  
 Therapeutic Activities, see flow sheet. x \_\_\_\_\_ min.  
 Manual Therapy Technique x \_\_\_\_\_ min.: grth p re-education mp abd 4/15 5/15  
 Neuro-muscular re-educ, see flow sheet x \_\_\_\_\_ min.: grth p re-educ mp abd 5/15 5/15  
 HEP issued: knee rehab of hamstrings  
 Other, describe: ant drawer, varus & valgus stress test 5/15 5/15

719.00  
844.2

3x2

Assessment: pt presents moderate swelling (2) knee, pn & rotation movements, and ↓ loading tolerance. Goals: (1) pt able to recover full rom (2) knee in 3 wks. (3) pt able to ↓ swelling (2) knee to equal the (2) in 3 wks. (4) pt able to perform body weight squat & controlled symmetrical in 6 wks. (5) pt able to walk on uneven ground & control symptoms in 6 wks. (6) HEP to work.

Plan:  Progress per treatment plan  Re-evaluate  Discharge  
Ther ex, body mechanics training, STM, standing  
ice, B, US, & HEP. Therapist: Danella Sufaw, PT

Rx 6/23/08 342(6)

6 VISITS ALTH

DATE:

6/30/08

Visit #:

2 / 6

Subjective: pt feeling a little better. no ↑ in knee pn, still swollen.

Objective/Treatment:  Initial Evaluation / Re-evaluation Completed  
 E-Stim To (2) knee Type IFC Setting high Time 15  
 Ultrasound/Phonophoresis to \_\_\_\_\_ Cont./Pulsed \_\_\_\_\_ % x \_\_\_\_\_ min. @ \_\_\_\_\_ W/cm<sup>2</sup>  
 Traction: Cervical/Lumbar Cont/Inter. @ \_\_\_\_\_ lb. x \_\_\_\_\_ min. (on \_\_\_\_\_ /off \_\_\_\_\_)  
 Hot Pack to: \_\_\_\_\_ x \_\_\_\_\_ min.  
 Cold Pack to: ice (2) knee x 15 min. ice & ES elevation  
 Aquatic Therapy, see flow sheet. x \_\_\_\_\_ min.  
 Therapeutic Exercises, see flow sheet. x 45 min.  
 Therapeutic Activities, see flow sheet. x \_\_\_\_\_ min.  
 Manual Therapy Technique x \_\_\_\_\_ min.:  
 Neuro-muscular re-educ, see flow sheet x \_\_\_\_\_ min.:  
 HEP issued:  
 Other, describe:

Assessment: pt tolerated ther ex well. pt felt more fatigue in ab than anywhere else.

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JUL 11 2008

Plan:  Progress per treatment plan  Re-evaluate  Discharge  
 Therapist: Danella Sufaw, PT

AIMS-SACTO