

TSH, INC. dba LODI PHYSICAL THERA. &  
 631 S HAM LANE  
 LODI, CALIFORNIA 95242  
 DAILY NOTE

PATIENT'S NAME: Tywan Anderson

DATE: 7/9/08  
 Subjective: pt felt much better of last tx, but yesterday knee was very swollen not sure why

Visit #: 5/6

Objective/Treatment:  Initial Evaluation / Re-evaluation Completed  
 E-Stim To (R) knee Type TFC 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: (R) knee 1050 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:  
 Case Conference with PTA

Assessment: pt had ↓ stiffness & discomfort in (R) knee & to. pt thinks she is not moving it enough at home.

Plan:  Progress per treatment plan  Re-evaluate  Discharge  
 Therapist: Derrick Jackson, PT

RX 6.23.08 3X2 10 VISIT. NICK

DATE: 7/14/08  
 Subjective: pt still do swelling and pn along ant. it lig. and post/med base.

Visit #: 6/6

Objective/Treatment:  Initial Evaluation /  Re-evaluation Completed  
 E-Stim To (R) knee Type TFC Setting high Time 15  
 Ultrasound/Phonophoresis to (R) med/post knee Cont./Pulsed 20% x 6 min. @ 0 W/cm<sup>2</sup>  
 Traction: Cervical/Lumbar Cont/Inter. @ \_\_\_\_\_ lb. x \_\_\_\_\_ min. (on \_\_\_\_\_ /off \_\_\_\_\_)  
 Hot Pack to: \_\_\_\_\_ x \_\_\_\_\_ min.  
 Cold Pack to: (R) knee x 15 min. vaso ice + ES + elevation  
 Aquatic Therapy, see flow sheet. x \_\_\_\_\_ min.  
 Therapeutic Exercises, see flow sheet. x 45 min. quads 5/5 girth sign 42.5 cm  
 Therapeutic Activities, see flow sheet. x \_\_\_\_\_ min. hams 4/5 (P) mid 38 cm  
 Manual Therapy Technique x \_\_\_\_\_ min.: med hamstrings with discomfort IER infra 36 cm  
 Neuro-muscular re-educ, see flow sheet x \_\_\_\_\_ min.: quads (P)  
 HEP issued:  
 Other, describe: tender to palpation medial hams & patellar  
 Case Conference with PTA

Assessment: pt has had muscle guarding, ↓ strength, ↓ swelling & less pn @ knee than prev. more muscle tenderness & leg it ph.

Plan:  Progress per treatment plan  Re-evaluate  Discharge  
plan to cont of new rx  
 Therapist: Derrick Jackson, PT