

T...NC. dba LODI PHYSICAL THE.
 631 S HAM LANE
 LODI, CALIFORNIA 95242
 DAILY NOTE

PATIENT'S NAME: Tiffany Anderson

DATE: 9/12/08

Subjective: PN level a little better since return to PT. Still just sore to stairs.

Visit #: 3/8

Objective/Treatment: Initial Evaluation / Re-evaluation Completed

TENS To (R) knee Type TFC Setting high Time 15

Ultrasound/Phonophoresis to _____ Cont./Pulsed _____ % x _____ min. @ _____ W/cm²

Traction: Cervical/Lumbar Cont/Inter. @ _____ lb. x _____ min. (on _____ /off _____)

Hot Pack to: _____ x _____ min.

Cold Pack to: (R) knee x 15 min. Add Ham curls on ball.

Aquatic Therapy, see flow sheet. x _____ min.

Therapeutic Exercises, see flow sheet. x 65 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 able to maintain good form when doing Ham curls on the ball, but felt more work in gastrocs/hamms.

Plan: Progress per treatment plan Re-evaluate Discharge

Therapist: Annika Sabur, PT

RX 812718 2x4 8 Approved

DATE: 9/16/08

Subjective: PT having surgery on Monday nervous. knee has been ok. Still some sharp pains at times if bent too much or more a certain way.

Visit #: 4/8

Objective/Treatment: Initial Evaluation / Re-evaluation Completed

TENS To (R) knee Type TFC Setting high Time 15

Ultrasound/Phonophoresis to _____ Cont./Pulsed _____ % x _____ min. @ _____ W/cm²

Traction: Cervical/Lumbar Cont/Inter. @ _____ lb. x _____ min. (on _____ /off _____)

Hot Pack to: _____ x _____ min.

Cold Pack to: (R) knee x 15 min. FOR (R) knee 135° ✓ in at end range

Aquatic Therapy, see flow sheet. x _____ min.

Therapeutic Exercises, see flow sheet. x 65 min. Muds 9/5

Therapeutic Activities, see flow sheet. x _____ min. hamms 9/5

Manual Therapy Technique x _____ min.:

Neuro-muscular re-educ, see flow sheet x _____ min.:

HEP issued:

Other, describe: _____

Assessment: Improved strength & maintained Ham. PT doing well to hamstring curls on the ball.

Plan: Progress per treatment plan Re-evaluate Discharge

Therapist: Annika Sabur, PT