



LOWER EXTREMITY PT Rx



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Lower Extremity - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

- | GENERAL | MANUAL THERAPY | THERAPEUTIC EXERCISE |
|---|--|---|
| <input type="checkbox"/> Evaluate and Treat | <input type="checkbox"/> Electrical Stimulation | <input type="checkbox"/> Gait and Balance |
| <input type="checkbox"/> Modalities per PT | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Proprioception Tx |
| <input type="checkbox"/> Cold/Cryotherapy | <input type="checkbox"/> Dry Needling | <input type="checkbox"/> Aquatic Therapy |
| <input type="checkbox"/> Compression Pump | <input type="checkbox"/> AROM | <input type="checkbox"/> Eccentric Training |
| <input type="checkbox"/> Iontophoresis | <input type="checkbox"/> PROM Stretching Program | <input type="checkbox"/> Plyometrics |

- Hip
- Static Stretching: Standing IT Band Stretch, Seated Rotation, Knee to Chest, Supine Hamstring Stretch, Internal and External Rotation
 - Exercises: Abductors, Adductors, Hip Extensors, Hip Flexors
 - Squat/Lunge progression
 - o Hips/Knees externally rotated, proper form
 - o Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
 - Core Rehab

- Patellofemoral
- Patellar Mobs
 - Step ups, Step downs, Lateral Step Downs
 - Quad Isometrics -> Closed Chain Quads
 - Four way SLR
 - Hip Focus: Abductors, Hip Extensors, Hip External Rotators
 - Squat/Lunge progression
 - Hips/Knees externally rotated, proper form
 - Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
 - Core Rehab

- Quadriceps
- Quad Isometrics, Quad Sets -> Closed Chain Quads
 - SLR
 - Concentric Exercises
 - ECCENTRIC Exercises
 - Heavy Slow Resistance Training
 - Squat/Lunge progression
 - o Hips/Knees externally rotated, proper form
 - o Progressive Single Leg Strengthening (single leg squat, split squat, single leg dead lift)
 - Core Rehab
 - Plyometrics

- Hamstrings
- Static Stretching
 - Dynamic Stretching
 - Isometric Knee flexion at increasing flexion angles
 - ECCENTRIC Exercises
 - Heel digs, Stool Scoots, Hamstring Bridges, Standing Hamstring Curls, Prone Leg Curls, Single Leg Romanian Deadlift, Bulgarian Split Squats, Sprinter Leg Curl with theraband, Hamstring Ball Rolls
 - Heavy Slow Resistance Training
 - Plyometrics

- Ankle
- Modalities as indicated: Rest, Ice, Compression, elevation, Electrical stimulation, Edema control
 - ROM: PROM -> AAROM -> AROM
 - Gastroc/Soleus Stretching: Knee Straight and Knee Bent
 - o Golf Ball Roll (Plantar Fascia)
 - Ankle Isometrics
 - Eccentric Training
 - Gait Training
 - Calf Raises
 - DF/PF/INV/EV Theraband exercises
 - Proprioception training (Wobble Board, BAPS Board, Rocker Board, Bosu Board)

Signature: _____

Date:
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