



Lower Extremity - Physical Therapy Prescription

Please fax weekly assessments/progress notes directly to DM Ortho at 303-789-3010

Name: _____

Date: _____

Diagnosis: R / L

Date of Surgery: _____

Frequency: 2-3 times per week for _____ weeks, Therapy to start _____

- | GENERAL | MANUAL THERAPY | THERAPEUTIC EXERCISE | SPORT/WORK TRAINING |
|---|--|---|---|
| <input type="checkbox"/> Evaluate and Treat | <input type="checkbox"/> Electrical Stimulation | <input type="checkbox"/> Gait and Balance | <input type="checkbox"/> Focus HEP |
| <input type="checkbox"/> Modalities per PT | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Proprioception Tx | <input type="checkbox"/> ADL Training |
| <input type="checkbox"/> Cold/Cryotherapy | <input type="checkbox"/> Dry Needling | <input type="checkbox"/> Aquatic Therapy | <input type="checkbox"/> Work Specific Training |
| <input type="checkbox"/> Compression Pump | <input type="checkbox"/> AROM | <input type="checkbox"/> Eccentric Training | <input type="checkbox"/> Sport Specific Training |
| <input type="checkbox"/> Iontophoresis | <input type="checkbox"/> PROM Stretching Program | <input type="checkbox"/> Plyometrics | <input type="checkbox"/> Functional/Return to Sport Testing (FST) |

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: _____