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Patient Sticker Here

Date

Dx: s/p (Left / Right) Knee Arthroscopic Meniscectomy (medial / lateral)

Modalities:

KNEE PHYSICAL THERAPY PRESCRIPTION

- Ice Massage / Anti-Inflammatory Modalities
- Range of Motion Active / Active-Assisted / Passive
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening V.M.O. Strengthening
- Full Arc 0-30° Arc
- Hamstring Strengthening
- Iliotibial Band Stretching / Strengthening
- Adductor/Abductor Stretching / Strengthening
- Straight Leg Raises / Quad Isometrics
- Exercise Bike Stairclimber Cybex
- Achilles Tendon Stretching
- Medial Patella Glides
- Electrical Stimulation for Quadriceps
- Hydrotherapy

Treatment: _____ times per week _____ Home Program

Duration: _____ weeks

**Please send progress notes.

Physician's Signature: _____
Seth C. Gamradt, MD