

Physiotherapy Exercise Session Report - TherapEase

Patient Details

Name: Somay Singh

Patient ID: P-2025-001

Date of Report: 23 November 2025

Medical History

History of hip replacement surgery. Currently undergoing physiotherapy for post-surgical strength, mobility, and functional recovery of the lower limb and hip region.

Current Prescription

Primary Goal:

Improve hip and knee strength, balance, and range of motion after hip replacement surgery.

Prescribed Exercises:

1. Bicep Curl
 - a. Sets: 3
 - b. Reps: target 3 per session (or as prescribed)
 - c. Frequency: As advised by the physiotherapist
 - d. Notes: Maintain controlled motion and alignment throughout.

Session Summary

Metric	Result	Interpretation
Exercise	Bicep Curl	Primary movement
Repetitions	3 / 15	Low volume session
Session Duration	11.9 sec	Short session
Average Speed	3.95	Moderate tempo
Form Score	95.9 / 100	Excellent technique

Exercise Performance Overview (Bicep Curl)

Repetitions (3)
[###-----] 3 / 10 reps

Session Duration (11.9 sec)
[#####-----] 11.9 / 30 sec

Average Speed (3.95)
[#####-----] speed index

Form Score (95.9 / 100)
[#####-] technique quality

Therapist Remarks

Patient tolerated the session well based on the metrics above. Encourage continued focus on controlled, pain-free movement and proper alignment. Adjust volume or intensity as needed based on ongoing recovery and physiotherapist guidance.