

# Physiotherapy Exercise Session Report - TherapEase

## Patient Details

Name: Somay Singh

Patient ID: P-2025-001

Date of Report: 22 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. Squat
  - a. Sets: 3
  - b. Reps: target 5 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	Squat	Primary movement
Repetitions	5 / 15	Moderate volume session
Session Duration	22.0 sec	Typical session duration
Average Speed	4.40	Moderate tempo
Form Score	90.0 / 100	Excellent technique

Exercise Performance Overview (Squat)

Repetitions (5)  
[#####-----] 5 / 10 reps

Session Duration (22.0 sec)  
[#####-----] 22.0 / 30 sec

Average Speed (4.40)  
[#####-----] speed index

Form Score (90.0 / 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.