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- Exercise Tracker

Physio-Plus

Trainer

Patient ID:

23ST002

Search

Patient ID

Patient Name

23ST002

MR.KARTHI

Patient Age

Patient Weight

Patient Phone

35

70

9688283872

Basic Rehab Assesment

Date :

Diagnosis :

Treatment Given :

Package :

Follow Up :

Review Date :

Contradiction :

Category :

InvestigationDone :

TargetingJoint :

PainScale :

AssessmentDoneBy :

hemipligeic

2023-08-07

20 sittings

daily

2023-08-09

nil

Beginner

mri

all joints in right side

nil

roobini

Exercise Schedule

SNo

Days of Week

Exercises

Targeting Muscle

Targeting Joint

1

1

warm up and adduct

adductor

hip

Exercise Tracking

Sr No

Time In

Time Out

Date

Pain Scale

Note

1

10:34 AM

12:15 PM

07/08/2023

9

good

PARQ

Has your doctor ever said that you have a heart condition or high blood pressure?

YES

Do you feel pain in your chest at rest, during your daily activities of living, or when you do physical activity?

NO

Do you lose balance because of dizziness or have you lost consciousness in the last 12 months?

NO

Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?

NO

Are you currently taking prescribed medications for a chronic medical condition?

NO

Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue problem that could be made worse by becoming more physically active?

NO

Has your doctor ever said that you should only do medically supervised physical activity?

NO

Participant declaration (to be signed)

NO

Do you have arthritis, osteoporosis, or back problems?

NO

Do you have difficulty controlling your condition with medications or other physician-prescribed therapies?

NO

Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra, and/or spondylolysis/pars defect?

NO

Have you had steroid injections or taken steroid tablets regularly for more than 3 months?

NO

Do you currently have cancer of any kind?

NO

Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma, head, and/or neck?

NO