# Octor's Clinical Notes (Referring Physician - Dr. Andrew Thompson, MD)

Date: 10/15/2025 Patient: Lisa Wilson

Age: 43

Diagnosis: Post-operative right ACL reconstruction, knee joint stiffness, and right lower

extremity muscle weakness.

### Subjective:

Patients present 4 weeks post right ACL reconstruction. Reports mild persistent stiffness and pain rated 3/10 at rest and 5/10 during movement. No signs of infection, instability, or drainage. Compliant with post-surgical rehabilitation instructions.

## **Objective:**

Mild swelling around right knee joint Surgical incision well-healed, no erythema or discharge Range of Motion: Flexion 0–85°, Extension 0° Quadriceps strength 3/5, hamstring 4/5 Mildly antalgic gait using single crutch

#### **Assessment:**

Expected post-operative recovery phase with mild stiffness and muscle weakness. No signs of complications. Good progress and high rehabilitation potential.

#### Plan:

Continue physical therapy 3× weekly for 8 weeks.

Encourage home exercise program: quadriceps sets, heel slides, straight leg raises, stationary cycling.

Pain management with ibuprofen 400 mg as needed.

Follow up with physical therapy progress note in 4 weeks (scheduled 11/12/2025).

Physician Signature:

Dr. Andrew Thompson, MD

Physical Medicine & Rehabilitation

(Electronically Signed 10/15/2025)