

PHYSICAL THERAPY NOTES - MIKE JOHNSON

Treatment Period: 09/15/2024 - 12/20/2024 | Therapist: Sarah Wilson, PT, DPT

INITIAL EVALUATION

Date: 09/15/2024

Chief Complaint: Chronic right knee pain and limited mobility for 6 months

History: Patient reports onset of knee pain 6 months ago following a fall while hiking. Pain is described as sharp, localized to the medial aspect of the knee, rated 8/10 on pain scale. Associated symptoms include stiffness, especially in the morning, and occasional swelling. Pain is aggravated by walking, stairs, and prolonged sitting.

Previous Treatment: OTC medications (no relief), rest (minimal relief)

OBJECTIVE FINDINGS

Range of Motion (Right Knee):

Flexion: 90 degrees (normal: 135 degrees)

Extension: -5 degrees (normal: 0 degrees)

Internal Rotation: 15 degrees (normal: 20 degrees)

External Rotation: 20 degrees (normal: 25 degrees)

Special Tests:

McMurray Test: Positive for medial meniscus tear

Apley Compression Test: Positive

Lachman Test: Negative (ACL intact)

Varus/Valgus Stress: Negative (collateral ligaments intact)

Strength Testing (Right Lower Extremity):

Quadriceps: 4/5 (moderate weakness)

Hamstrings: 4/5 (moderate weakness)

Calf: 5/5 (normal strength)

TREATMENT PLAN

Goals (3-month plan):

1. Reduce pain to 3/10 or less
2. Improve knee flexion to 120 degrees
3. Improve knee extension to 0 degrees
4. Strengthen quadriceps and hamstrings to 5/5
5. Return to normal activities of daily living

Treatment Interventions:

- Manual therapy (joint mobilization, soft tissue massage)
- Therapeutic exercises (quad sets, straight leg raises)
- Neuromuscular electrical stimulation (NMES)
- Ice and heat therapy
- Gait training
- Home exercise program

TREATMENT PROGRESS

Week 4 (10/13/2024):

Pain: 6/10 (improved from 8/10)

Flexion: 105 degrees (improved from 90 degrees)