

Anthony Colon

1/2/2024

EDISON METUCHEN ORTHOPAEDIC GROUP  
EXECUTIVE PLAZA  
10 PARSONAGE ROAD, SUITE 500, 5th FLOOR  
EDISON, NEW JERSEY 08837  
TEL: 732-431-9229 FAX: 732-431-0702

Physical Therapy for the [ LEFT ] Knee

DX: Left knee internal derangement

Modals/ROM/HEP/Strength  
No Kneeling, Squats, or Stairmaster

3 x's a week/ 4 weeks



**Patient Seen by:** Matthew J. Garfinkel, M.D.

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TEL: 732-494-6226 FAX: 732-4948762

Physical Therapy for the [ right ] shoulder.

DX: Right shoulder torn superior labrum (type II SLAP tear), torn anterior labrum and stretched lax anterior capsule, torn posterior labrum, torn rotator cuff (articular and bursal surfaces), bursitis and impingement.

Modals/No active ROM, Only passive ROM/HEP  
External rotation up to 30 degrees and not beyond  
NO WEIGHTS RESISTANCE OR BANDS

3 x's a week/ 4 weeks



**Patient Seen by:** Matthew J. Garfinkel, M.D.