

Clinic Details:

Clinic Name: Vibrant Multispeciality Hospital**Clinic Address:** balithaa , near mamlatdar office 4030 134326**Clinic Contact:** 9998867578

Doctor Details:

Dr. Pratiksha Pa**Specility:** Physiother**Contact No:** 999886

Patient Name

BRIJ YADAV yadav 24 Yrs / Male

Weight: 169 CM

Height: 71 KG

BMI: 25
NORMAL WEIGHT

Known Case of

☐ K-wire fixation of Rt.knee (5-6 months back)

All Allergies

☐

Symptoms

☐ lateral knee pain with lack of imbalance on Rt.leg

Duration

☐ 1 Month

Diagnosis

☐ Rt. knee extensor weakness

Tests

☐

Medication:

Medicine

☐ TABLET - ZERODOL 100 TAB

Duration

☐ 10 Days

Schedule

☐ After Meal: Afternoon

Remarks

Advice

- resistance exercises - with theraband
- Gait training
- wall supported squats holds
- Hight Protein diet.
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- **Next Visit:** 2023-12-20 00:00:00
- **Remarks:** 20-30 repetations of each set



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