

## Physical Therapy Treatment Plan

**Patient Name:** Lucas Roberts

**Date of Birth:** 04/12/1993

**Start of Care:** 02/12/2025

**Payer:** Private Insurance

**Hospitalization:** None

---

### Diagnosis

The patient has the following diagnoses: Med – strain of the right hamstring muscle (S76.01X), Tx – myalgia (muscle pain) (M79.1), and Tx – pain in the right hip (M25.561), all with an onset date of 02/08/2025.

---

### Treatment Approaches

- **PT Evaluation** (Assessment of hamstring muscle strength, flexibility, gait, and running form to determine functional limitations and areas for rehabilitation)
  - **Manual Therapy** (Soft tissue mobilization, myofascial release, and trigger point therapy for the hamstrings to address muscle tightness and promote healing)
  - **Therapeutic Exercises** (Hamstring strengthening, flexibility exercises, and proprioception exercises to improve muscle function and reduce strain)
  - **Modalities** (Cold therapy for acute inflammation, heat therapy for muscle relaxation, and electrical stimulation for pain relief and muscle re-education)
  - **Gait Training** (Correcting running mechanics to reduce strain on the hamstring during sprinting and other dynamic movements)
  - **Stretching** (Gradual hamstring stretches to increase flexibility and reduce pain, emphasizing proper technique)
  - **Activity Modification** (Instruction on avoiding high-stress activities and how to properly return to running and other physical activities)
- 

### Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
  - **Duration:** 4-6 weeks
  - **Intensity:** Moderate intensity with gradual progression, focusing initially on pain reduction, followed by strengthening and flexibility work
  - **Certified Period:** 02/12/2025 - 03/26/2025
-

## **Plan of Treatment**

### **Short Term Goals**

1. Lucas will report a 40% reduction in pain during stretching and walking within 4 weeks of therapy (Target: 03/12/2025).
2. Lucas will improve hamstring flexibility, achieving at least 80% of his normal range of motion in the affected leg within 4 weeks (Target: 03/12/2025).
3. Lucas will demonstrate 50% improvement in hamstring strength (measured through manual muscle testing) by 4 weeks (Target: 03/12/2025).
4. Lucas will demonstrate improved gait, including a reduction in limping or favoring the injured leg during walking or light jogging within 4 weeks (Target: 03/12/2025).

### **Long Term Goals**

1. Lucas will be able to run pain-free at his usual intensity for 20 minutes without exacerbation of symptoms by the end of treatment (Target: 03/26/2025).
2. Lucas will achieve 100% of his pre-injury hamstring strength and flexibility within 6 weeks (Target: 03/26/2025).
3. Lucas will demonstrate proper running mechanics and technique to prevent re-injury of the hamstring during sports activities by the end of treatment (Target: 03/26/2025).
4. Lucas will be able to return to full activity, including sprinting and high-intensity training, without pain or discomfort by the end of treatment (Target: 03/26/2025).

### **Patient Goals**

- "I want to be able to run again without pain."
- "I want to get back to my training and not worry about pulling my hamstring again."

### **Potential for Achieving Goals**

- Lucas has high rehab potential, demonstrated by his motivation to return to physical activity and his ability to understand and follow instructions. His injury is acute, and with proper treatment, he is expected to recover fully. He has a clear understanding of his goals and is dedicated to following through with his rehabilitation program.

### **Participation**

- Lucas is committed to his rehabilitation and is following home exercise instructions. He is highly motivated to regain his full athletic capacity.
-

## Initial Assessment / Current Level of Function & Underlying Impairments

### Factors Supporting Medical Necessity

- **Referral:** Lucas was referred for physical therapy due to a hamstring strain sustained during sprinting.
  - **Medical History:** No other significant medical history.
  - **Complexities:** The injury limits Lucas's ability to run, stretch, and perform daily activities, especially those requiring leg strength and flexibility.
  - **Prior Treatment:** Lucas has used rest and over-the-counter pain relievers but has not undergone formal therapy yet.
  - **Prior Living Situation:** Active and engaged in regular athletic activities, including running and sprinting.
  - **Discharge Plan:** Goal to return to sprinting and high-intensity physical activities with no pain or limitations.
  - **Prior Level of Function (PLOF):** No previous history of hamstring injuries, active lifestyle with no limitations in flexibility or strength.
- 

### Background Assessment

- **Precautions:** Avoid excessive strain on the hamstring and high-intensity sprinting until strength and flexibility have improved.
- 

### Joint ROM / Goniometric Measurements

- **Hamstring Flexibility (Right Leg):** 45 degrees (Limited)
  - **Hamstring Flexibility (Left Leg):** 90 degrees (Normal)
- 

### Strength / Manual Muscle Testing

- **Hamstring Strength (Right):** 3/5 (Fair)
  - **Hamstring Strength (Left):** 5/5 (Normal)
- 

### Balance

- **Standing Balance:** Normal
- **Single-Leg Stance (Right):** Mild difficulty due to pain in the hamstring

---

### Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
- **Tone and Posture:** Slight altered posture during walking due to hamstring injury.
- **Pain and Edema:** Mild swelling in the hamstring area, with pain on palpation.
- **Coordination:** Mild difficulty with dynamic movements, especially running and sprinting.

---

### Visual Assessment

- **History and Analysis:** Acute hamstring strain during sprinting. Mild swelling and tenderness around the hamstring.
- **Testing:** Manual testing confirms weakness and reduced flexibility in the affected leg.

---

### Functional Assessment

- **Gait:** Slight limp, favoring the injured leg during walking.
- **Running:** Unable to run without pain or discomfort in the injured hamstring.

---

### Objective Tests / Measures & Additional Analysis

- **Assessments:**
  - **Hamstring Flexibility:** Limited to 45 degrees on the affected side, 90 degrees on the unaffected side.
  - **Strength:** Right hamstring strength at 3/5.
  - **Gait:** Mild limp, poor running mechanics due to hamstring weakness.
- **Other:** Home Exercise Program (HEP) focused on hamstring stretches, strengthening exercises, and proper technique during running.

---

### Clinical Impressions

Lucas presents with an acute hamstring strain, likely due to overexertion during sprinting. He is experiencing pain, weakness, and reduced flexibility, which limit his ability to run and engage in other physical activities. With appropriate therapy, including manual therapy, strengthening, and stretching exercises, Lucas is expected to make significant progress toward returning to full activity without pain or restrictions.

---

### Test/Measures and Outcomes

- **Hamstring Flexibility:** Target 80 degrees of hip flexion on the affected leg by 4 weeks.
- **Strength:** Target 4/5 strength in the affected hamstring by 4 weeks.
- **Pain Reduction:** Goal of 50% reduction in pain during stretching and running by 4 weeks.
- **Function:** Goal to return to pain-free running by 6 weeks.