

Physical Therapy Treatment Plan

Patient Name: Daniel Harris

Date of Birth: 05/08/1994

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: No hospitalization required

Diagnosis

The patient has the following diagnoses: Med – medial meniscus tear in the right knee (M23.21) with an onset date of 02/10/2025, Tx – pain in the right knee (M25.561) with an onset date of 02/10/2025, and Tx – knee ligament injury in the right knee (S83.91) with an onset date of 02/10/2025.

Treatment Approaches

- **PT Evaluation** (Assessment of knee range of motion, swelling, and strength; joint stability and function assessment)
 - **Therapeutic Exercises** (Strengthening exercises for quadriceps, hamstrings, and calf muscles to improve knee stability)
 - **Neuromuscular Reeducation** (Encouraging proper joint mechanics during weight-bearing and non-weight-bearing activities)
 - **Modalities** (Ice for swelling management, electrical stimulation for pain reduction, and ultrasound for soft tissue healing)
 - **Manual Therapy** (Gentle joint mobilizations to increase range of motion and reduce pain from meniscus irritation)
 - **Bracing or Support** (Use of knee brace for added support and stability during functional movements)
 - **Education** (On activity modification, posture, and joint protection strategies)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 6 weeks
 - **Intensity:** Moderate intensity, emphasizing pain reduction, increasing mobility, and strengthening of the knee and surrounding musculature
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Daniel will demonstrate a 20% increase in knee range of motion (ROM) within 4 weeks, with a reduction in knee pain from 7/10 to 4/10 during flexion and extension (Target: 03/12/2025).
2. Daniel will report a 30% reduction in swelling and discomfort when standing or walking after 4 weeks (Target: 03/12/2025).
3. Daniel will perform quadriceps strengthening exercises with proper form and minimal pain, achieving 4/5 strength by the end of 4 weeks (Target: 03/12/2025).
4. Daniel will demonstrate the ability to walk without a limp and with minimal pain ($\leq 2/10$) during a 5-minute walk within 4 weeks (Target: 03/12/2025).

Long Term Goals

1. Daniel will achieve full knee range of motion ($0-135^\circ$) with no pain or swelling by the end of the treatment period (Target: 03/26/2025).
2. Daniel will demonstrate functional knee strength (5/5) in quadriceps, hamstrings, and calf muscles by the end of the treatment period (Target: 03/26/2025).
3. Daniel will return to playing soccer with no knee pain or instability by 03/26/2025.
4. Daniel will perform all daily activities, including climbing stairs, walking, and running, without knee pain or swelling by 03/26/2025.

Patient Goals

- "I want to be able to walk without pain and swelling in my knee."
- "I want to get back to playing soccer without my knee locking up."

Potential for Achieving Goals

- Daniel has good potential to achieve his goals due to his young age and active lifestyle. He is motivated and has no history of prior knee injuries, which will help with recovery. His current symptoms are manageable with physical therapy, and he is willing to adhere to prescribed exercises and activity modifications.

Participation

- Daniel is highly motivated and committed to following through with the physical therapy program. He is open to activity modifications and adheres to prescribed home exercises.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by physician for meniscus tear in the right knee causing pain, locking, and swelling that limits his functional abilities.
 - **Medical History:** No previous knee injuries.
 - **Complexities:** Pain, swelling, and restricted range of motion are significantly affecting his ability to walk and participate in sports.
 - **Prior Treatment:** No prior physical therapy, only conservative management with rest and ice.
 - **Prior Living Situation:** Active, lives independently, participates in soccer and other physical activities regularly.
 - **Discharge Plan:** Full recovery of knee function to return to sports and normal daily activities without pain or instability.
 - **Prior Level of Function (PLOF):** Fully active, playing soccer and participating in recreational physical activities with no history of knee issues.
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Background Assessment

- **Precautions:** Avoid twisting, jumping, or high-impact activities until knee swelling decreases and range of motion improves.
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Joint ROM / Goniometric Measurements

- **Knee Flexion (Right):** 90° (Reduced)
 - **Knee Extension (Right):** 5° (Reduced)
 - **Knee Flexion (Left):** 130° (Normal)
 - **Knee Extension (Left):** 0° (Normal)
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Strength / Manual Muscle Testing

- **Quadriceps (Right):** 3+/5 (Fair+; Weak)
 - **Hamstrings (Right):** 4-/5 (Fair; Weak)
 - **Calf Muscles (Right):** 4/5 (Fair+; Normal)
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Balance

- **Standing Balance:** Mild instability when bearing weight on the right leg
 - **Functional Balance:** Limited due to pain and swelling in the right knee, particularly during dynamic activities
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Mild compensatory postural changes due to knee pain, including slight favoring of the right leg during walking and standing
 - **Pain and Edema:** Pain 7/10 with weight-bearing activities and significant swelling (especially after standing or walking)
 - **Coordination:** Normal
 - **Sensory Test Findings:** No abnormal sensory findings in the affected knee
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Visual Assessment

- **History and Analysis:** Mild swelling and bruising in the right knee with difficulty in fully straightening the leg. Slight muscle atrophy in the quadriceps region compared to the left leg.
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Functional Assessment

- **Bed Mobility:** Independent
 - **Transfers:** Independent
 - **Gait:** Limping due to pain during knee extension and flexion; pain on the right side with weight-bearing tasks
 - **Functional Tasks:** Difficulty climbing stairs and running due to pain and locking sensation in the knee
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **McMurray's Test:** Positive for pain and clicking in the right knee, indicating meniscus involvement.
 - **Joint Line Tenderness:** Present on the medial side of the right knee.
 - **Strength Testing:** Reduced quadriceps strength, contributing to knee instability.
 - **Other:** Home Exercise Program (HEP) focusing on knee mobility, strengthening exercises for quadriceps and hamstrings, and strategies to reduce swelling (elevation, ice).
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Clinical Impressions

Daniel presents with a right knee meniscus tear, causing significant pain, limited range of motion, and functional limitations, including difficulty with weight-bearing activities. The treatment plan will focus on reducing swelling, improving range of motion, strengthening the knee musculature, and restoring normal knee function to enable return to sports and daily activities.

Test/Measures and Outcomes

- **Strength Testing:** Goal to achieve 5/5 strength in quadriceps and hamstrings by the end of therapy.
- **Pain Reduction:** Target pain level to be reduced to $\leq 3/10$ during daily activities and physical activities.
- **Range of Motion:** Target full knee extension and 130° of knee flexion by treatment end.
- **Function:** Target return to soccer and daily activities without pain, swelling, or instability.