

Physical Therapy Treatment Plan

Patient Name: Ava Peterson

Date of Birth: 07/20/1989

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnoses: Med – piriformis syndrome (M54.30) with an onset date of 01/01/2025, Tx – pain in the right leg (M79.604) with an onset date of 01/01/2025, and Tx – pain in the left leg (M79.605) with an onset date of 01/01/2025.

Treatment Approaches

- **PT Evaluation** (Assessment of posture, hip range of motion, and muscle imbalances contributing to piriformis syndrome)
 - **Therapeutic Exercises** (Focusing on strengthening the gluteal muscles, core, and hip stabilizers, and improving hip flexibility)
 - **Neuromuscular Reeducation** (Correcting faulty movement patterns and teaching proper posture to reduce stress on the piriformis muscle)
 - **Manual Therapy** (Soft tissue mobilization and myofascial release for the piriformis and surrounding muscles to reduce pain and tension)
 - **Modalities** (Heat therapy and ultrasound to reduce muscle tightness and improve blood flow)
 - **Stretching and Flexibility Training** (Focusing on piriformis, hamstrings, and hip flexors to alleviate tension in the buttock and leg)
 - **Postural Education and Ergonomics** (Education on proper sitting posture and ergonomic changes to minimize pressure on the piriformis during prolonged sitting)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2 sessions per week
 - **Duration:** 4-6 weeks
 - **Intensity:** Low to moderate intensity with gradual increase in hip flexibility and strengthening exercises
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Ava will report a 30% reduction in buttock and leg pain (0-10 scale) during sitting and stretching after 4 weeks of treatment (Target: 03/12/2025).
2. Ava will demonstrate improved hip flexibility with a 5° increase in hip external rotation (both sides) by the end of 4 weeks (Target: 03/12/2025).
3. Ava will strengthen the gluteal muscles, achieving 4/5 strength on manual muscle testing for gluteus medius and maximus by 4 weeks (Target: 03/12/2025).
4. Ava will perform seated and standing posture correction exercises with independence and minimal discomfort after 4 weeks (Target: 03/12/2025).

Long Term Goals

1. Ava will experience no pain while sitting for 30 minutes at a time by the end of treatment (Target: 03/26/2025).
2. Ava will be able to perform her regular activities, including walking and climbing stairs, with no radiating pain or discomfort in the buttock or leg by the end of treatment (Target: 03/26/2025).
3. Ava will regain full strength in the gluteal muscles, achieving 5/5 strength in both gluteus medius and maximus by the end of treatment (Target: 03/26/2025).
4. Ava will return to her pre-injury level of activity without limitations due to piriformis syndrome, including sitting for long periods and exercising without pain, by the end of treatment (Target: 03/26/2025).

Patient Goals

- "I want to sit for longer periods without pain."
- "I need to be able to exercise again without my leg hurting."

Potential for Achieving Goals

- Ava shows strong rehabilitation potential with her active lifestyle and motivation. She is committed to her treatment plan and is able to follow instructions well. Her history of being active and healthy gives her a high likelihood of returning to her prior level of function without significant pain.

Participation

- Ava is highly motivated to fully participate in therapy and make the necessary lifestyle adjustments to address her symptoms. She is eager to regain her full function and return to her regular exercise routine.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Ava was referred for physical therapy due to persistent pain from piriformis syndrome, affecting her ability to sit for extended periods and exercise.
 - **Medical History:** No significant comorbidities; generally healthy and active prior to injury.
 - **Complexities:** Persistent symptoms despite self-managed stretching and rest.
 - **Prior Treatment:** No prior physical therapy; has attempted home remedies such as foam rolling and stretching.
 - **Prior Living Situation:** Active and healthy, participating in regular exercise and a sedentary job that requires sitting for long periods.
 - **Discharge Plan:** Goal to return to full function, including the ability to sit comfortably and resume regular exercise without pain.
 - **Prior Level of Function (PLOF):** Independent with all ADLs; able to sit and exercise without pain prior to the onset of symptoms.
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Background Assessment

- **Precautions:** Avoid prolonged sitting, bending, or twisting at the hip until symptoms improve. Caution with any exercises that involve heavy loading of the piriformis muscle or excessive hip flexion.
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Joint ROM / Goniometric Measurements

- **Right Hip External Rotation:** 35° (Limited)
 - **Left Hip External Rotation:** 40° (Limited)
 - **Right Hip Flexion:** 100° (Normal)
 - **Left Hip Flexion:** 100° (Normal)
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Strength / Manual Muscle Testing

- **Gluteus Medius (Right):** 3+/5 (Fair +)
- **Gluteus Medius (Left):** 4/5 (Fair)
- **Gluteus Maximus (Right):** 4/5 (Fair)
- **Gluteus Maximus (Left):** 4/5 (Fair)
- **Hip Flexors (Right):** 5/5 (Normal)
- **Hip Flexors (Left):** 5/5 (Normal)

Balance

- **Sitting Balance:** Normal
- **Standing Balance:** Mild instability on the affected side during single-leg stance due to weakness in the gluteal muscles.

Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
- **Tone and Posture:** No abnormal tone; mild tightness in piriformis and surrounding hip muscles.
- **Pain and Edema:** Deep aching pain in the buttock and radiating down the leg with sitting and hip stretching. No visible edema.
- **Coordination:** Normal
- **Sensory Test Findings:** No sensory deficits.

Visual Assessment

- **History and Analysis:** No visible swelling or redness. Mild tenderness to palpation over the piriformis muscle and gluteal region.

Functional Assessment

- **Bed Mobility:** Independent
- **Transfers:** Independent
- **Gait:** Slight limp when walking for extended periods due to discomfort in the hip.
- **Functional Tasks:** Difficulty sitting for long periods and stretching the hip, with radiating pain.

Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Piriformis Pain Rating Scale:** 6/10 pain intensity with sitting for 30 minutes.
 - **Hip Flexibility:** Limited external rotation on both sides.
- **Other:** Home Exercise Program (HEP) to include piriformis and hip flexor stretches, gluteal strengthening exercises, and posture correction techniques.

Clinical Impressions

Ava presents with piriformis syndrome, which is likely contributing to her pain, radiating down the leg. The condition is aggravated by prolonged sitting and stretching the hip. Treatment will focus on reducing pain and improving hip mobility, strengthening the gluteal muscles, and addressing any postural issues that may contribute to the problem. With consistent physical therapy, Ava has a good prognosis for returning to her normal activities without pain.

Test/Measures and Outcomes

- **Strength Testing:** Goal to achieve full strength (5/5) in gluteus medius and maximus by the end of treatment.
- **Pain Reduction:** Target pain reduction to 2/10 during sitting and stretching.
- **Function:** Goal to return to sitting and exercising without pain.