

Physical Therapy Treatment Plan

Patient Name: Ethan Miller

Date of Birth: 08/12/1993

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: No hospitalization required

Diagnosis

The patient has the following diagnoses: Med – Achilles Tendinitis (M76.60), Tx – pain in the right ankle and foot (M79.604), and Tx – pain in the right ankle (M25.571), all with an onset date of 01/25/2025.

Treatment Approaches

- **PT Evaluation** (Comprehensive evaluation of ankle function, ROM, strength, and gait; including palpation and special tests for Achilles tendon pathology)
 - **Therapeutic Exercises** (Stretching and strengthening exercises for Achilles tendon, calf muscles, and ankle joint)
 - **Manual Therapy** (Soft tissue mobilization for Achilles tendon and calf muscles; joint mobilizations for ankle mobility)
 - **Neuromuscular Reeducation** (Focus on proper biomechanics during running and basketball movements; strengthening exercises targeting ankle stability and push-off power)
 - **Modalities** (Ice therapy to reduce inflammation, ultrasound therapy for tendon healing, TENS for pain management)
 - **Eccentric Training** (Eccentric loading of the Achilles tendon to improve tendon healing and strength)
 - **Footwear Education** (Suggestions on footwear choices to reduce strain on Achilles tendon)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
- **Duration:** 6 weeks
- **Intensity:** Moderate intensity focusing on reducing pain, improving ankle mobility, and strengthening the Achilles tendon
- **Certified Period:** 02/12/2025 - 03/26/2025

Plan of Treatment

Short Term Goals

1. Ethan will reduce pain in the right ankle to <4/10 during walking and running activities after 4 weeks (Target: 03/12/2025).
2. Ethan will achieve 20% improvement in dorsiflexion range of motion of the right ankle within 4 weeks (Target: 03/12/2025).
3. Ethan will demonstrate 4/5 strength in the right calf muscles (gastrocnemius and soleus) by the end of 4 weeks (Target: 03/12/2025).
4. Ethan will demonstrate proper ankle mechanics with 0% compensatory movements during running and basketball activities after 4 weeks of training (Target: 03/12/2025).

Long Term Goals

1. Ethan will have 50% reduction in ankle pain during sport-related activities (running, basketball) and be able to perform without discomfort by 03/26/2025.
2. Ethan will demonstrate full strength (5/5) in the right calf and Achilles tendon after completing the full rehabilitation program (Target: 03/26/2025).
3. Ethan will return to sport activities, including running and basketball, with proper mechanics, no pain, and without limitations by 03/26/2025.
4. Ethan will be able to perform dynamic movements (cutting, jumping, lateral movements) with no pain or instability by the end of the treatment period (Target: 03/26/2025).

Patient Goals

- "I want to be able to play basketball without pain in my ankle."
- "I want to run without any stiffness or discomfort in my Achilles tendon."

Potential for Achieving Goals

- Ethan demonstrates a good potential for recovery due to his age, active lifestyle, and motivation to follow through with the rehabilitation program. His injury is recent and manageable with appropriate treatment.

Participation

- Ethan is highly motivated to return to sports and is committed to completing the exercises and recommendations to achieve his goals.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by orthopedist for Achilles tendinitis affecting his running and basketball performance.
 - **Medical History:** No significant medical history or comorbidities.
 - **Complexities:** Pain and stiffness affect sport performance, especially with explosive activities like running and jumping.
 - **Prior Treatment:** Rest and over-the-counter anti-inflammatory medications. No formal physical therapy yet.
 - **Prior Living Situation:** Active athlete, regularly participates in basketball and running.
 - **Discharge Plan:** Full return to sport and recreational activities without pain, with proper strength and mechanics.
 - **Prior Level of Function (PLOF):** No limitations in athletic performance prior to injury.
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Background Assessment

- **Precautions:** Avoid high-impact activities initially and modify sport-specific movements during the rehabilitation process. Monitor for signs of worsening tendon strain.
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Joint ROM / Goniometric Measurements

- **Ankle Dorsiflexion (Right):** 10° (Limited)
 - **Ankle Plantarflexion (Right):** 50° (Normal)
 - **Ankle Inversion (Right):** 30° (Normal)
 - **Ankle Eversion (Right):** 20° (Normal)
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Strength / Manual Muscle Testing

- **Right Gastrocnemius/Soleus:** 3/5 (Weak)
 - **Right Tibialis Anterior:** 4/5 (Normal)
 - **Right Peroneals:** 4/5 (Normal)
 - **Right Ankle Stabilizers (Dorsiflexion):** 4/5 (Normal)
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Balance

- **Standing Balance:** Normal
 - **Single-Leg Balance (Right Ankle):** Mild instability noted during prolonged standing or during sport movements
 - **Functional Balance:** Difficulty with jumping and landing activities; compensates with increased hip involvement
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Normal
 - **Pain and Edema:** Mild to moderate pain (4/10) in the Achilles tendon with running, especially after activity. No visible swelling at rest.
 - **Coordination:** Normal
 - **Sensory Test Findings:** No abnormalities
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Visual Assessment

- **History and Analysis:** Mild gait deviation with slight limp, avoiding full push-off on the right ankle during running.
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Functional Assessment

- **Bed Mobility:** Independent
 - **Transfers:** Independent
 - **Gait:** Slight limp, especially with running and walking after prolonged activity.
 - **Functional Tasks:** Difficulty with sports-specific movements, including running, cutting, and jumping.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Single-Leg Heel Raise (Right):** 5 reps with compensation (limp)
 - **Tendon Palpation:** Tenderness at Achilles tendon insertion, especially with resisted plantarflexion.
 - **Pain Scale:** 4/10 at rest; 6/10 with running or sport-specific movements.
 - **Other:** Home Exercise Program (HEP) for calf stretching, Achilles tendon strengthening (eccentric loading), and foot/ankle stability exercises.
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Clinical Impressions

Ethan presents with Achilles tendinitis likely caused by overuse during basketball and running, resulting in decreased strength and flexibility in the Achilles tendon and calf musculature. The rehabilitation plan will focus on pain reduction, tendon healing, increasing flexibility and strength, and restoring proper mechanics to return to sport without limitations.

Test/Measures and Outcomes

- **Strength Testing:** Target to improve strength in the calf muscles to 5/5 by the end of treatment.
- **Pain Reduction:** Target to reduce pain to <3/10 during sport activities.
- **Functional Testing:** Target for Ethan to return to running and basketball without pain or discomfort.
- **Exercise Readiness:** Independent with home exercise program for Achilles rehabilitation.