

**Palpation**

Tenderness during palpation of right Piriformis, iliopsoas, and adductor magnus.

**Assessment****Descriptions**

4E: Impaired Joint Mobility, Motor Function, Muscle Performance, Range of Motion, and Reflex Integrity Associated With Spinal Disorders

Patient involved in the development of these goals.

Patient educated about current injury and treatment.

Improving lumbar and right hip ROM, strength and function.

Start progression into independent gym program while monitoring progress as needed in therapy. She is going to start a course of Pilates and I would like to keep my eye on her while she transitions through.

**Plan****Goals**

Length	Status	Goal
Short Term	Met	1. Independent with home exercise program in 3 visits.
Long Term	In Progress	2. Patient able to participate in full recreational activities in 6 weeks.
Short Term	In Progress	2a. Increase ROM to WNL.
Short Term	In Progress	2b. Increase strength to WNL.
Long Term	Met	3. Patient to report decreased pain during functional activities in 6 weeks.
Short Term	Met	3a. Patient to report decreased pain measured by visual analog scale.

**Treatment Plan**

**Recommend Physical Therapy 1 time(s) a week for 4 week(s), with treatments to consist of:** Body Mechanic Training (97110) - Proper positioning and lifting strategies, Core Stabilization (97110) - Increase strength and function of spinal stabilization muscles, Flexibility (97110) - active and passive patient stretching, Neuromuscular Re-ed - 97112: Improve neurologic control of muscle function, ROM (97110) - Passive or active activities to increase joint range of motion, Therapeutic Exercise - 97110: Improve muscle strength, ROM, flexibility, and muscle function, Cryotherapy- 97010: Application of cold to decrease local swelling and decrease pain, Heat- 97010: Application of heat to increase local circulation and decrease pain, IFC E-Stim- 97014: Application of E-Stim to modulate pain, Manual Stretching- 97140: passive or active stretching to improve muscle length and function, Soft Tissue Mobs- 97140: increase ROM tissue length, joint mechanics, and modulate pain, Spine Mobilization- 97140: increase ROM, improve joint mechanics, and modulate pain.

*Crista A Jacobe Mann #*

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**To Be Completed By Physician:**

I have no revisions to this plan of care

Revise plan of care as follows

Discharge Patient

Prognosis:  Excellent  Good  Fair  Poor

Continue  times per  for  weeks / months

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

In Signing this document, physician certifies that prescribed rehabilitation is a medical necessity.