

**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**08/26/2019 - Physical Therapy: PT Daily Note**

**Provider: Jeff Goesling**

**Location of Care: OrthoArizona Chandler Therapy**

**Time In:** 1615

**Time Out:** 1700

**Visit Number:** 17

**Body part to be treated:** Right Knee

**Subjective Data / Additional Comments:** Patient states his knee is feeling great. He has no pain or discomfort. He does get some occasional mild swelling at the top of the knee. He has been performing exercises at home to improve his strength and flexibility. He has been able to progress with using some weights with lunges and squats.

**Objective:** Right knee active range of motion 0-138 degrees. Mild stiffness on end range of motion flexion and extension compared to unaffected side.

Squatting range of motion 75% with mild knee stiffness.

Mild weakness right single leg squat compared to left

**Goals**

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - goal met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - goal met
4. Patient will be able to go up and down stairs with minimal difficulty - goal met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - goal met

**Treatments:**

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Progress HEP, Muscle Re-education, Elongate Tissue  
See flow sheet. 25 minutes. Progression of strength exercises.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance  
20 minutes. See flow sheet.

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Patient is making excellent progress with his physical therapy program. He has met his initial short-term and long-term goals. He has excellent range of motion, knee stability and flexibility. He does continue to have some mild swelling at the superior patellar region compared to the nonsurgical side.

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He did have heavy fatigue with progression of strength and stability exercises today.

**Functional Improvement Noted:** Increased Ability to Walk, Increased Ability to Squat

**Physical Therapy Plan:** Return to Physician, Continue as per protocol

**Comments** Patient may benefit from a transition to a more sport specific physical therapy program to accelerate his rehabilitation.

**Medical Dx** Status post right ACL reconstruction with hamstring graft

**Service Dates of Report-from:** 06/07/2019 **to:** 08/26/2019

**Progress Toward Goals:** good progress, met goals, HEP: demonstrates understanding and appropriate technique of current portion of HEP

**Patient's Response to Treatment** Steady, predictable progress

**Updated Plan:** Patient may benefit from a transition to a more sport specific physical therapy program to accelerate his rehabilitation.

**90 day certification period from:** 08/27/2019 **to**

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**Electronically signed by Jeff Goesling on 08/27/2019 at 12:55 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 08/21/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1450

Time Out: 1610

Visit Number: 16

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Patient states his knee is feeling good with minimal pain. He does have the persistent swelling above his kneecap. He has been somewhat inconsistent on doing exercises at home.

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 75% met
4. Patient will be able to go up and down stairs with minimal difficulty - 75% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - goal met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Progress HEP, Muscle Re-education, Elongate Tissue  
See flow sheet. 40 min. Provided updated written home exercise program.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance  
25 minutes. See flow sheet.

### Modalities

#### **Use of cold Pack**

**Ice (Min)** 10

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 10

**Where Applied:** Right knee posttreatment

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

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Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Patient continues to progress well with strength and balance exercises and activities. He is demonstrating excellent knee stability overall. Continues to put forth excellent effort with treatment activities. He does need to increase his adherence with home exercises to continue his progression of strengthening.

**Functional Improvement Noted:** Increased Ability to Squat

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 08/22/2019 at 6:42 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 08/12/2019 - Physical Therapy: PT Daily Note

Provider: Katie McWilliams PT

Location of Care: OrthoArizona Chandler Village

Time In: 1445

Time Out: 1545

Visit Number: 15

Body part to be treated: Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Pt reporting swelling has been problematic since returning to school, slightly improved today. Pt arrived 15min late.

**Objective:** Mid patellar circumference (swelling) R 41.0 cm, L 39 cm

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, Elongate Tissue

**Min:** 35

**Manual Therapy** Increase Circulation, Decrease Edema

**Min:** 10

10 minutes. Soft tissue mobilization and retrograde massage to right knee and elevated position

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

**Min:** 15

**Gait Training** Normalize Gait

### Modalities

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 10 on, 10 off.

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**Use of cold Pack**

**Ice (Min)** 10

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 10

**Where Applied:** Right knee posttreatment

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Pt with increased effusion today- 2+ with modified stroke test. He was able to complete program with appropriate level of challenge and fatigue.

**Functional Improvement Noted:** Increased Ability to Squat

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Katie McWilliams PT on 08/12/2019 at 4:38 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 08/02/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1430

Time Out: 1530

Visit Number: 14

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Knee feeling good, swelling is decreasing.

**Objective:** Mid patellar circumference (swelling) R 41.0 cm, L 39 cm

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, Elongate Tissue  
35 min. See flow sheet.

**Manual Therapy** Increase Circulation, Decrease Edema

10 minutes. Soft tissue mobilization and retrograde massage to right knee and elevated position

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

15 min. See flow sheet. BOSU squats, balance activity, step ups

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Cont to demonstrate excellent knee ROM and flexibility. Swelling mildly decreased this week. Cont to limit progression of dynamic exercises until swelling reduces further. No pain reports with exercises. Good knee and hip stability and mechanics on functional exercises.

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**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 08/03/2019 at 3:51 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/31/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1600

Time Out: 1705

Visit Number: 13

Body part to be treated: Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Patient tripped on the bleachers at school last week felt some increased pain in his knee. There was some increased swelling but it diminished over the weekend. He feels overall his knee is stiff today however the pain and swelling are back to normal.

**Objective:** Mid patellar circumference (swelling) R 41.5 cm, L 39 cm

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
See flow sheet. 35 min.

**Manual Therapy** Increase Circulation, Decrease Edema

10 minutes. Soft tissue mobilization and retrograde massage to right knee and elevated position

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

20 min. See flow sheet. Bosu squat, single leg balance, lateral gait

**Gait Training** Normalize Gait

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

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**Comments:** Patient did well with exercise activities with minimal reports of increased pain or discomfort. He continues to present with swelling and edema to the right knee, slightly increased compared to last week. Minimal progression of activities today due to ongoing swelling. Continues to demonstrate excellent knee flexion and extension range of motion.

**Functional Improvement Noted:** Increased Ability to Squat

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 08/01/2019 at 12:57 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/24/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1600

Time Out: 1705

Visit Number: 12

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Not having much knee pain, but remains swollen. Swelling has increased with more walking going back to school this week.

**Objective:** Mid patellar circumference (swelling) R 41 cm, L 39 cm

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
See flow sheet. 35 min.

**Manual Therapy** Increase Circulation, Decrease Edema

10 minutes. Soft tissue mobilization and retrograde massage to right knee and elevated position

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

See flow sheet. 20 min. Bosu squat, single leg balance, lateral gait, step ups

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Patient doing well with strength and balance exercises. No pain reports with activity.

Swelling did not appear to increase through treatment. He does continue to display 2 cm joint effusion

compared to unaffected side. Continue to encourage patient to utilize cryotherapy and elevation at home

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to further reduce swelling.

**Functional Improvement Noted:** Increased Ability to Squat

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

**Comments** Continue to monitor swelling and edema. Continue to progress with knee strength and stability

**Updated Plan:** Continue to monitor swelling and edema. Continue to progress with knee strength and stability

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**Electronically signed by Jeff Goesling on 07/25/2019 at 1:04 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/19/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1300

Time Out: 1400

Visit Number: 11

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Knee is feeling good. There is less swelling around the kneecap, still having some swelling above the knee.

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
See flow sheet. 40 min. Progress strength ex, add standing hams curls and deadlifts.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance  
20 min. See flow sheet.

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance, Increased Joint Stability

**Comments:** Steady improvements in strength and balance with exercises. Tolerated progression of strength ex with mild discomfort in hamstrings tendon with 5 pound ankle weight. Decreased fatigue on BOSU squats and single leg total gym squats as strength improves.

**Functional Improvement Noted:** Increased Ability to Squat

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**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

**Comments** Progress strength and balance

**Updated Plan:** Progress strength and balance

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**Electronically signed by Jeff Goesling on 07/21/2019 at 8:24 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/17/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1325

Time Out: 1430

Visit Number: 10

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Patient states his knee continues to improve. He is having minimal pain or discomfort. He does notice some ongoing swelling around the front of the knee. He has not been using as much ice on the knee. He has continued to perform stationary bicycle for conditioning. Continues to work on home exercises.

**Objective:** Squatting range of motion 75% with mild knee stiffness.  
Mild weakness, fatigue right single leg partial squat compared to left

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Functional Activity, Increase Strength, Increased Joint Stability, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet 45 minutes. See flow sheet. Progression of strength exercises.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance 20 minutes. See flow sheet.

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased Exercise Tolerance

**Comments:** Continues to make excellent progress with knee strength and stability on exercise program. Minimal reports of increased pain with exercises. He was fatigued at the end of the treatment session

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today. Continues to have some localized swelling to the anterior knee and patellar region. Advised him to increase ice pack applications at home after workouts and at the end of the day to help further reduce swelling.

**Functional Improvement Noted:** Increased Ability to Squat

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 07/18/2019 at 1:01 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/11/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1430

Time Out: 1535

Visit Number: 9

Body part to be treated: Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Knee is feeling good. Continues to have some swelling. Minimal pain reported.

**Objective:** Squatting range of motion 75% with mild knee stiffness.

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
45 minutes. See flow sheet. Progress strength ex.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance  
20 minutes. See flow sheet. Step ups, Bosu squat, lateral gait, balance single and double leg

**Gait Training** Normalize Gait

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Comments:** Continues to progress well with knee strength and balance exercises. No pain reports with activity. Continues to have fatigue with single leg Total Gym squat and multidirectional partial lunge. Improved stability with Bosu squats and 3 directional leg raises.

**Functional Improvement Noted:** Increased Ability to Squat

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**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

**Comments** Continues to progress strengthening. Progression of hamstring strengthening, functional squats

**Updated Plan:** Continues to progress strengthening. Progression of hamstring strengthening, functional squats

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**Electronically signed by Jeff Goesling on 07/11/2019 at 3:44 PM**

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## Kadin Rabo

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Ins: CIGNA 182223 Grp: 3329609

### 07/09/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1435

Time Out: 1530

Visit Number: 8

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Knee has been feeling good. Still having some swelling in the knee but minimal pain. Feels some pain with stretching the knee all the way bent.

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
40 min. see flow sheet.

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance  
15 min, see flow sheet. BOSU squat, steps ups, single leg balance

**Remaining Impairments** Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability  
Decreased ROM, Decreased Strength, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased ROM

**Comments:** cont to progress well with knee strength and ROM. Decreased fatigue on quads strength exercises. Improved stability with single and double leg balance activity. Quads activation improved with multi direction leg raises. Minimal pain with exercises.

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

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**Electronically signed by Jeff Goesling on 07/09/2019 at 8:46 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 07/05/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 900

Time Out: 1030

Visit Number: 7

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Patient states his knee continues to improve. He is reporting minimal pain or discomfort. He is reporting the knee is feeling stronger and he feels more confident walking without the brace.

**Objective:** Slight extension lag straight leg raise

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Progress HEP, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet

See flow sheet. 50 minutes. Progression of strength exercises

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

See flow sheet. 20 minutes. Step ups, squats, single-leg balance

### Modalities

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 10 on, 10 off.

### **Use of cold Pack**

**Ice (Min)** 10

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 10

**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**Where Applied:** Right knee posttreatment

**Remaining Impairments** Decreased ROM,Decreased Strength,Pain,Unsafe/Abnormal Gait,Edema,Decreased Joint Stability  
Decreased ROM,Decreased Strength,Pain,Unsafe/Abnormal Gait,Edema,Decreased Joint Stability

**Patient's Response to Treatment:** Increased ROM

**Comments:** Continues to make excellent progress with knee strength, range of motion. No pain reports with exercise activities. Heavy fatigue with progression of strength exercises. Demonstrating excellent hip and knee control with functional exercises.

**Functional Improvement Noted:** Increased Ability to Walk

**Physical Therapy Plan:** Continue Plan of Care,Continue as per protocol

**Comments** Advised patient he can discontinue wearing the brace unless he is going to be walking on uneven surfaces or in crowds.

**Updated Plan:** Advised patient he can discontinue wearing the brace unless he is going to be walking on uneven surfaces or in crowds.

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**Electronically signed by Jeff Goesling on 07/08/2019 at 6:13 AM**

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## Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 06/24/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1600

Time Out: 1700

Visit Number: 6

Body part to be treated: Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Knee is feeling good with minimal pain reported. States he is having some ongoing swelling but seem to gradually decreasing.

**Objective:** AROM 0-130, mild pain end range flexion

Mild extension lag SLR

Slight extension deficit stance phase of gait

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility - goal met
2. Patient will be independent with HEP and self care management - 75% met
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty - 50% met
4. Patient will be able to go up and down stairs with minimal difficulty - 50% met
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain - 50% met

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Progress HEP, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet

See flow sheet. 40 min. Progress strength ex and HEP

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

10 min. See flow sheet. Step ups, balance board, single leg balance

**Gait Training** Normalize Gait

### Modalities

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 10 on, 10 off.

**Remaining Impairments** Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Gait,Edema,Decreased Joint Stability

Decreased ROM,Decreased Strength,Pain,Unsafe/Abnormal Gait,Edema,Decreased Joint Stability

**Patient's Response to Treatment:** Increased ROM

**Comments:** Cont to progress well with knee strength and ROM. Tolerated progression to 6 inch step up with mild difficulty and fatigue. Good knee control on single leg balance activity. Fatigued at end of session. cues to improve terminal knee extension on strength ex.

**Physical Therapy Plan:** Continue Plan of Care,Continue as per protocol

**Comments** Patient out of town x 1 week. Aware of appropriate HEP. Will continue use of knee brace for support and safety.

**Updated Plan:** Patient out of town x 1 week. Aware of appropriate HEP. Will continue use of knee brace for support and safety.

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**Electronically signed by Jeff Goesling on 06/25/2019 at 10:50 AM**

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## Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 06/20/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1505

Time Out: 1610

Visit Number: 5

Body part to be treated: Right Knee

**Subjective Data / Additional Comments:** Knee continues to improve. Swelling is a little better.

**Objective:** Normal gait on level surfaces without assistive device, using knee brace.

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility
2. Patient will be independent with HEP and self care management
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty
4. Patient will be able to go up and down stairs with minimal difficulty
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Progress HEP, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet

45 minutes. See flow sheet. Progression of strength exercises. Provided updated home exercise program

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

10 minutes. See flow sheet. Step ups, balance board, single leg balance.

### Modalities

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 5 on, 5 off.

**Remaining Impairments** Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal

Gait, Edema, Decreased Joint Stability

Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Edema, Decreased Joint Stability

**Patient's Response to Treatment:** Increased ROM

**Comments:** Patient continues to make excellent progress with knee strength and range of motion. No pain reports with treatment today. Was able to progress to 4 inch step of height with mild difficulty due to

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weakness. Demonstrating good knee and hip stability performing single leg balance activity with mini lunge. Decreased difficulty on balance board. Continues to have mild extension lag on straight leg raise.

**Functional Improvement Noted:** Increased Ability to Walk

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 06/20/2019 at 6:25 PM**

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**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**06/18/2019 - Physical Therapy: PT Daily Note**

**Provider: Jeff Goesling**

**Location of Care: OrthoArizona Chandler Therapy**

**Time In:** 1405

**Time Out:** 1525

**Visit Number:** 4

**Body part to be treated:** Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Swelling in front and top of the knee has increased past several days. No longer using crutches with walking. Having minimal knee pain.

**Objective:** AROM 0-130 deg

Moderate swelling and joint effusion

Mildly antalgic gait with knee brace decreased stance on the right

**Goals**

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120° -goal met
2. Patient will be initiated on HEP -goal met
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility-goal met
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.-Goal met

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility
2. Patient will be independent with HEP and self care management
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty
4. Patient will be able to go up and down stairs with minimal difficulty
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain

**Treatments:**

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Progress HEP, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet

45 minutes. See flow sheet. Progression of strength ex and HEP

**Therapeutic Activity** Increase Strength, Increase Joint Stability, Improve Balance

10 minutes. See flow sheet. Step up, balance board

**Gait Training** Normalize Gait

**Modalities**

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 5 on, 5 off.

IFC with cold pack and elevation to right knee posttreatment x15 minutes

**Use of cold Pack**

**Ice (Min)** 15

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Home: (602) 697-0443

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**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 15

**Where Applied:** Right knee posttreatment

**Remaining Impairments** Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Edema, Decreased Joint Stability

Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Edema, Decreased Joint Stability

**Comments:** Making excellent progress with knee strength and range of motion. He is walking better with improvement weightbearing tolerances. He had mild to moderate difficulty with 2 inch step up and standing balance board exercise. Continues to have moderate extension lag on straight leg raise due to weakness. Minimal pain reports with treatment.

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 06/18/2019 at 3:41 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 06/14/2019 - Physical Therapy: PT Daily Note

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Time In: 1410

Time Out: 1525

Visit Number: 3

Body part to be treated: Right Knee

Normalize Gait

**Subjective Data / Additional Comments:** Knee is feeling better as he had fluid drained out of it from the physician this morning. Continues to use crutches for ambulation per

**Objective:** Active range of motion knee flexion 115 degrees

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120°
2. Patient will be initiated on HEP
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility
2. Patient will be independent with HEP and self care management
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty
4. Patient will be able to go up and down stairs with minimal difficulty
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet

40 minutes. See flow sheet. Add exercise bike for range of motion.

**Gait Training** Normalize Gait

### Modalities

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 5 on, 5 off.

IFC with cold pack and elevation to right knee posttreatment x15 minutes

### **Use of cold Pack**

**Ice (Min)** 15

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 15

**Where Applied:** Right knee posttreatment

**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**Remaining Impairments** Decreased Flexibility, Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Increased Difficulty With ADL's  
Decreased Flexibility, Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Increased Difficulty With ADL's

**Patient's Response to Treatment:** Increased ROM

**Comments:** Patient demonstrating improvements in knee flexion range of motion as swelling was significantly decreased. He was able to perform the exercise bike for range of motion with minimal pain or difficulty. Gait continues to improve as quads activation as increased this week. Was able to perform side-lying straight leg raise hip abduction without knee brace with some difficulty due to quads and hip weakness.

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

**Comments** Continue to improve hip and knee strength. Progress weightbearing as tolerated.

Advised patient of importance of ice and elevation at home this weekend

**Updated Plan:** Continue to improve hip and knee strength. Progress weightbearing as tolerated.

Advised patient of importance of ice and elevation at home this weekend

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**Electronically signed by Jeff Goesling on 06/14/2019 at 4:20 PM**

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**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**06/12/2019 - Physical Therapy: PT Daily Note**

**Provider: Jeff Goesling**

**Location of Care: OrthoArizona Chandler Therapy**

**Time In:** 1415

**Time Out:** 1520

**Visit Number:** 2

**Body part to be treated:** Right Knee  
Normalize Gait

**Subjective Data / Additional Comments:** Knee continues to feel stiff and sore. Did well with HEP. Putting more weight on the leg with walking.

**Objective:** Active range of motion right knee 0-95 degrees. Pain in range of motion. Moderate joint effusion.

Fair quadriceps contraction, moderate extension lag with straight leg raise.  
Ambulates with a single crutch on level surface, brace unlocked

**Goals**

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120°
2. Patient will be initiated on HEP
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility
2. Patient will be independent with HEP and self care management
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty
4. Patient will be able to go up and down stairs with minimal difficulty
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain

**Treatments:**

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Progress HEP, Muscle Re-education, 1:1 ther. ex. to add ex. per flowsheet  
30 minutes. See flow sheet. Progression of strength exercises.

**Gait Training** Normalize Gait

5 minutes. Gait instruction with single crutch, brace unlocked level surfaces for heel-to-toe stance phase, knee flexion during swing phase.

**Modalities**

**Electrical Stimulation** Decrease Pain, Decrease Swelling, Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 5 on, 10 off.

IFC with cold pack and elevation to right knee posttreatment x10 minutes

**Use of cold Pack**

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**Ice (Min)** 10

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 10

**Where Applied:** Right knee posttreatment

**Remaining Impairments** Decreased Flexibility, Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Increased Difficulty With ADL's, Edema, Increased Muscle Tension, Decreased Joint Stability, Abnormal balance  
Decreased Flexibility, Decreased ROM, Decreased Strength, Pain, Unsafe/Abnormal Gait, Increased Difficulty With ADL's, Edema, Increased Muscle Tension, Decreased Joint Stability  
Abnormal balance

**Patient's Response to Treatment:** Increased ROM

**Comments:** Patient demonstrating improved knee range of motion and quad activation with treatment today. He was able to transition to safe ambulation in the clinic with the brace unlocked using a single crutch for stability. He was able to progress with strength exercises with minimal pain or discomfort. He continues to have significant joint effusion and swelling around the knee. I encouraged him to increase use of ice and elevation at home to manage swelling.

**Functional Improvement Noted:** Increased Ability to Walk

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

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**Electronically signed by Jeff Goesling on 06/12/2019 at 3:58 PM**

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## Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

### 06/07/2019 - Physical Therapy: PT Initial Eval

Provider: Jeff Goesling

Location of Care: OrthoArizona Chandler Therapy

Referral Source Dr Martin

History from: Patient and father

Date of Onset: 04/27/2019

Medical Diagnosis: Status post right ACL reconstruction with hamstring graft

Treatment Diagnosis: Right knee pain, stiffness and difficulty walking

Surgery: Yes

If Yes, Date: 06/04/2019

Precautions: Postoperative protocol, weightbearing as tolerated

**History** Patient is a 17-year-old male presenting 3 days status post right ACL reconstruction. He sustained an injury to his knee 2 months ago while playing soccer. He arrives today with locked knee brace in extension and bilateral crutches. His pain is well controlled taking the medicine as instructed. He is frequently using ice packs. He is reporting a pain level of 1/10 at rest.

The medical history is unremarkable.

Patient goals for recovery are to return to prior level of function including sports participation

**Current Level of Function** Patient is a high school student, he is on summer break.

**Type of Residence:** Single family residence with stairs

## Rt. Knee

**Comments:** Moderate edema right knee. Surgical portals are covered with sutures, no drainage or redness noted. Calf muscle is soft, minimal tenderness.

Right knee range of motion 0-5-70. Pain in ranges of motion.

**Gait analysis** Toe-touch weightbearing right leg

**Assistive Devices** Crutches

**Quad contraction** Poor

**Treatment Plan:** Electrical Stimulation, Therapeutic exercise, AROM/AAROM/PROM, Gait training, Strength training, Home exercise program  
Joint mobility/MFR, Flexibility/stretching, Home TENS, Edema control, MHP/Cold pack

**Assessment:** Assessment: Signs and symptoms consistent with post operative ACL repair. Patient currently presents with impaired ROM, joint mobility and muscle performance, with localized swelling, gait dysfunction and decreased functional tolerances. Patient will benefit from skilled PT intervention at this time to address the above mentioned deficits and to return the patient to the highest level of function. Physical therapy program will follow physician postoperative protocol and guidelines. Patient and his father is in agreement with the above mentioned plan of care and is aware of their diagnosis and prognosis.

PT evaluation x 10 minutes -97161 Low complexity based on one body region, limited co-morbidities, typical clinical presentation

## Kadin Rabo

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Patient will attend physical therapy twice per week for up to 12 weeks.

**Rehabilitation potential for stated goals:** Excellent

**Patient Motivation:** Excellent

**Time In:** 1010

**Time Out:** 1115

**Visit Number:** 1

**Body part to be treated:** Right Knee

Normalize Gait

### Goals

**ShortTerm:** 4 weeks

1. Increase knee AROM to 0-120°
2. Patient will be initiated on HEP
3. Patient will be able to ambulate within home without an assistive device demonstrating increased knee flexion during swing phase to improve household mobility
4. Patient will tolerate standing at least 15 min. to be able to perform chores and self care within home with minimal increased symptoms.

**Long Term:** 12 weeks

1. Increase knee AROM from 0-130° to improve functional mobility
2. Patient will be independent with HEP and self care management
3. Patient will be able to ambulate at least 20 min. in home and community with minimal difficulty
4. Patient will be able to go up and down stairs with minimal difficulty
5. patient will be able to perform partial range of motion squatting with good mechanics and minimal pain

### Treatments:

**Therapeutic Exercise** Increase ROM, Increase Flexibility, Increase Strength, Initiate HEP, Muscle Re-education

20 minutes. See flow sheet. Provided and reviewed written home exercise program.

**Gait Training** Normalize Gait

Gait instruction with bilateral crutches using knee brace in locked position. Instructed for heel-to-toe gait mechanics with partial weightbearing.

### Modalities

**Electrical Stimulation** Increase Muscle Re-education

**E-Stim Comments** NMES to quads x10 minutes 5 on, 10 off.

Issued home neuromuscular stimulation unit with instructions for use twice daily to improve quad activation to facilitate his recovery process.

### **Use of cold Pack**

**Ice (Min)** 10

**Purpose** Decrease Pain, Decrease Swelling

**Ice (Min)** 10

**Where Applied:** Right knee posttreatment

**Patient's Response to Treatment:** Increased ROM

**Kadin Rabo**

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

**Comments:** Patient responded appropriately with treatment today and appears to understand instructions for the home exercises provided. He had moderate pain with static knee extension stretching. He understands the importance of regaining extension range of motion as top priority following surgery. Instructed the patient on how to unlock his brace so that he is able to sit and maneuver more comfortably while at home. He should continue to keep the brace locked over the next several days for walking until quads activation improves. Patient appears to understand instructions for use of the home electrical stimulation unit.

**Physical Therapy Plan:** Continue Plan of Care, Continue as per protocol

Knee pain- right : ICD10-M25.561 : 06/07/2019, Difficulty walking : ICD10-R26.2 : 06/07/2019, Orthopedic surgical aftercare : ICD10-Z48.89 : 06/07/2019, Sprain of anterior cruciate ligament of left knee- subsequent encounter : ICD10-S83.512D : 05/03/2019

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**Electronically signed by Jeff Goesling on 06/07/2019 at 1:58 PM**

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