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WellSpan Orthopedics

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Patient: \_\_\_\_\_

Date: \_\_\_\_\_ Site: R L

Diagnosis: \_\_\_\_\_

Frequency: \_\_\_\_\_ per week, for \_\_\_\_\_ wks

Weight Bearing Status: FWB PWB TTWB NWB

Assist: Cane Crutches Walker

**MODALITIES:**

- Modalities as Needed
- Cryo-therapy
- Aqua-therapy
- Ultrasound
- Whirlpool
- Sensory Re-education
- Soft Tissue Manipulation
- Other: \_\_\_\_\_
- Moist Heat
- Massage
- NMES
- TENS
- Scar Massage

**EXERCISE:**

- AROM (Arc: \_\_\_\_\_) Prone Supine
- AAROM (Arc: \_\_\_\_\_) Prone Supine
- PROM
- Gait Training
- Heel Slides
- VMO Strengthening
- Patella Mobilization
- Proprioceptive Training
- Core LE Strengthening & Endurance Program
  - Closed Chain
  - Open Chain
- Patient Education / Home Program
- Sport Specific Training
- SLR
- Single-Leg Hop
- Quad Activation

**PRECAUTIONS:**

- No Pivoting
- No Cutting
- No Twisting
- No Deep Knee Bends
- No Squatting
- Avoid Repetitive Stairs

**SPECIAL REHABILITATION PROGRAMS:**

- Patellofemoral Pain & Malalignment/Tracking
  - Gait Training
  - VMO Strengthening
  - Strengthening Hip External Rotators/Abductors
  - Patellar Tracking
  - Kinetic Chain / Core Strengthening
  - Inferior Patellar Tendon Glides
  - IT Band Stretching

**BRACING / EQUIPMENT**

- Patella Stabilizing Brace w/ Medial Strap (Taping)
- Hinged Knee Rehabilitation Bravce (Arc: \_\_\_\_\_)
- Knee Immobilizer
- Knee Support Sleeve
- Patella Knee Band
- Dynasplint
- Other: \_\_\_\_\_

- Patella Cut-Out Sleeve (Neoprene)
- Functional ACL Knee Sports Brace
- Knee Pads
- Prophylactic Knee Brace (MCL)
- Thigh Support Sleeve
- CPM (Arc: \_\_\_\_\_)
- Cryocuff

- Work Site/Task Analysis – Assessment & Evaluation
- Work Conditioning / Hardening Program

Please send progress notes.

Physician's Signature: \_\_\_\_\_  
(I have medically prescribed the above treatments)

Michael S. Day, MD  
Orthopaedic Surgeon