

# PHYSICAL THERAPY PRESCRIPTION

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Keck School of  
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PATIENT STICKER

### HIP PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS: ( LEFT / RIGHT) \_\_\_\_\_

DATE \_\_\_\_\_

- Ice / Massage / Anti-Inflammatory Modalities
- Range of Motion    Active / Active-Assisted / Passive
- Active Release Therapy/Manual Therapy
- Gluteus Maximus/Iliopsoas/Adductor/Abductor
  - Functional Assessment/ Stretching / Strengthening
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening     V.M.O. Strengthening
  - Full Arc     0-30° Arc
- Hamstring Strengthening
- Iliotibial Band Stretching / Strengthening
- Straight Leg Raises / Quad Isometrics
- Exercise Bike     Stairclimber     Cybex
- Hydrotherapy

Treatment: \_\_\_\_\_ times per week     Home Program

Duration: \_\_\_\_\_ weeks

\*\*Please send progress notes.

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC