



PHYSIOTHERAPY CONSULTATION FORM

Demographic data:

Name: Mrs. Rohini chittaranjan

Date: 19/08/2023

Age/Gender: 65Y/F

Sports/Non-sports: Non-sports

Exerciser/Non exerciser: Yoga

Occupation: House wife

Chief complaints:

- B/L Total knee Replacement

Past history:

- History of Severe Osteoarthritis

Present history:

Difficulty in Walking independently and ADL activities

On Assessment:

- Limited Knee rom
- Difficulty in walking
- Weak quadriceps, hamstrings, adductors and calf muscles.

Diagnosis:

Post-operative management

Treatment plan:

- Day wise protocol for TKR rehabilitation

Exercises:

Isometrics holds for Knee surrounding muscles



Advice:

Home programs

Plan:

- Reduction of tightness over Knee surrounding muscles.
- Activate & Strengthen the knee surrounding muscles
- Improve knee Range of motion

Goals:

- Improve ADL Activities
- Overall body strength and Mobility.
- Daily activities with Pain free.

Review on 12/01/2024

Physio review :

- RT knee flexion 120°
- Left knee flexion 110°
- Full range of motion needed

Goals:

- Reduction of tightness over Knee surrounding muscles.
- Activate & Strengthen the knee surrounding muscles
- Improve knee Range of motion and concentrate on stability and proprioception on bilateral knee joints.

Recommendations from Ortho surgeon:

Do's:

- Walking
- Knee extension and flexion only 15- 20 kg of weight training

Don'ts :

- No full squats
- No cross leg sitting
- No jumping's
- No skipping
- No twisting

07/02/2024

- Isometric exercise for knee
- resistance exercise with theraband
- Hamstring stretching
- Patella mobilization



- Passive resistance exercise
- ROM exercise

08/02/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive ROM exercise
- Passive resistance exercise

12/02/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive ROM exercise
- squatting

14/02/2024

- Isometric exercise for both knee
- Patella mobilization
- squatting

16/02/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise

19/02/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise

21/02/2024

- Rom exercise for both knee
- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise

23/02/2024

- Isometric exercise for both knee
- Rom exercise for both knee
- Patella mobilization

26/02/24

- Rom exercise for both knee
- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise

28/02/24

- Isometric exercise for both knee
- Patella mobilization



- Passive ROM exercise
- squatting

01/03/24

- Isometric exerc's for both knee
- Patella mobilization
- Passive resistance exerc's
- squatting

04/03/24

- Isometric exercise for both knee
- Rom exercise for both knee
- Patella mobilization

06/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- squatting

11/03/2024

- Rom exercise for both knee
- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise

13/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

16/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

18/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

20/03/2024

- Isometric exercise for both knee



- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

22/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

25/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

27/03/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

03/04/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

05/04/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing

06/04/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing



08/04/2024

- Isometric exercise for both knee
- Patella mobilization
- Passive resistance exercise
- Squatting
- Stairs climbing