

**Andrew Zogby, MD**

Orthopaedic Surgeon, Sports Medicine Specialist

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**Dx: knee meniscus tear s/p arthroscopy and meniscectomy**

**KNEE PHYSICAL THERAPY PRESCRIPTION**

\_X\_ Ice Massage / Anti-Inflammatory Modalities

\_X\_ Range of Motion Active / Active-Assisted / Passive

\_X\_ Quadriceps and Hamstring stretching

\_X\_ Quadriceps Strengthening \_\_\_ V.M.O. Strengthening

\_X\_ Full Arc \_\_\_ 0-30° Arc

\_X\_ Hamstring Strengthening

\_\_\_ Iliotibial Band Stretching / Strengthening

\_\_\_ Adductor/Abductor Stretching / Strengthening

\_X\_ Straight Leg Raises / Quad Isometrics

\_X\_ Exercise Bike

\_\_\_ Achilles Tendon Stretching

\_\_\_ Medial Patella Glides

\_\_\_ Electrical Stimulation for Quadriceps

\_\_\_ Hydrotherapy

**Treatment: \_\_2-3\_\_\_ times per week \_\_ Home Program**

**Duration: \_\_\_6\_\_\_\_ weeks**

\*\*Please send progress notes.