

[Name of HH Agency]

Phone:

Fax:

PHYSICAL THERAPY PROGRESS NOTE

EPISODE: 07/18/14 - 09/15/14
07/22/14 4:00PM - 5:00PM 60 MIN

PATIENT:

DOB:

Homebound Status

- needs assistance for all activities
- leaves home with taxing effort
- leaves for med appointments only
- dependent on assistive device
- residual weakness

Pt unable to walk.

Vital Signs

BP	TEMP	PULSE (Radial)	PULSE (Apical)	RESP
116/76 (Right arm sitting)		75 (Reg)		
117/74 (Right arm sitting)				

Pain

- No pain at present

Cognitive Status

- No problems (oriented x 4)

Additional Observations

- None at this point

Fall Risk Prevention

- fall precautions maintained

Physical Therapy Interventions Performed

Intervention

- 1 Therapeutic exercise to develop strength, flexibility, ROM
- 2 Sit to stand training
- 3 Sitting static balance training
- 4 Sitting dynamic balance training
- 5 Energy Conservation Techniques

Intervention Details

Seated rows 2x10 w/ red tubing, Seated pulldowns 2x10 w/ red tubing, Manually resisted L elbow flex/ext 2x10.

Pt's L knee unable to stay in extension due to weakness and needs to be "blocked" from flexing by RPT. Pt's L ankle goes into supination when attempting to stand and a folded towel under lateral half of L foot helps to keep L ankle in neutral position. Pt raises electric recliner prior to attempting sit to stand transfer.

Pt requires verbal/tactile cues to maintain proper posture and sit "tall".

Sitting up from slightly reclined position x10. Reaching w/ UE while sitting up. Pt requires frequent VCs to maintain proper posture.

Instructed pt on proper breathing techniques and take rest breaks prn.

Progress toward Physical Therapy Goals

Goal

- 1 Patient will improve bed mobility to mod A so patient can perform skin pressure relief and assist with bed oriented self-care tasks within 6 weeks.
- 2 Patient will improve sit to stand transfer from electric recliner to max A within 6 weeks.

Goal Progress

max A

dependent

Physical Therapy Goals Achieved

No newly achieved goals

Instructions

patient

Instructed pt to do HEP daily to prevent from getting more deconditioned.

Supervision

N/A

Coordination

None this time

Discharge Planning

discussed expected date of D/C

Plan for Next Visit

Ther Ex, Sit to Stand Transfer, Sitting Balance Training

Visit Code

PT Visit (G0151)

Place of Service

Patient's home/residence

SIGNATURES:

COMPLETED AND ELECTRONICALLY SIGNED BY _____, PT



PATIENT'S SIGNATURE: