

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine
of USC

PATIENT STICKER

ADDUCTOR POST-OP PHYSICAL THERAPY PRESCRIPTION

DATE OF SURGERY: _____

DIAGNOSIS: S/P Repair Left Proximal Adductor Longus to Pubic Symphysis

___ Touch Down Weight Bearing x 2 weeks then WBAT with crutches for additional 4 weeks

___ Progress off of Crutches and Hip brace as strength and leg control improve

___ Progressive strengthening to start @ 6 weeks

➤ Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors

___ GOAL: Avoid stress at repair site (Tensile Loads) until 6 weeks post-op

➤ Gradual Hamstring and Adductor Flexibility after 6-8 weeks post-op

___ Modalities prn

Treatment: _____ times per week

___ Home Program

Duration: _____ weeks

**Please send progress notes.

A handwritten signature in black ink, appearing to read 'Frank A. Petrigliano'.

Physician's Signature: _____

Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC