

# PHYSICAL THERAPY PRESCRIPTION

**FRANK A. PETRIGLIANO, MD**

CHIEF – DIVISION OF SPORTS MEDICINE  
HEAD TEAM PHYSICIAN – LA KINGS  
ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
USC DEPARTMENT OF ORTHOPAEDIC SURGERY  
323.442.5822 OFFICE  
323.865.5480 FAX



# Keck Medicine of USC

PATIENT STICKER

**KNEE ARTHROSCOPY: ARTHROSCOPIC PARTIAL MEDIAL/LATERAL MENISCECTOMY AND/OR ARTHROSCOPIC CHONDROPLASTY (\_\_\_\_\_)**

**DATE OF SURGERY: \_\_\_\_\_**

## **KNEE PHYSICAL THERAPY PRESCRIPTION**

- Ice / Massage / Anti-Inflammatory Modalities
- Range of Motion     Active / Active-Assisted / Passive
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening      V.M.O. Strengthening
- Full Arc      0-30° Arc
- Hamstring Strengthening
- Iliotibial Band Stretching / Strengthening
- Adductor/Abductor Stretching / Strengthening
- Straight Leg Raises / Quad Isometrics
- Exercise Bike      Stairclimber      Cybex
- Achilles Tendon Stretching
- Medial Patella Glides
- Electrical Stimulation for Quadriceps
- Hydrotherapy

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

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

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

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