

USA HEALTH

USA Health
Orthopaedic Rehabilitation Center
739 N. University Blvd.
Building 1, Suite 160
Mobile, AL 36608 • (251) 660-5935

fax

TO: WHS FROM: USA Health Physical Therapy
FAX: 334-244-3396 PAGES: 19
PHONE: 334-244-3781 DATE: 5/27/2026
RE: _____ CC: _____

☒ Urgent ☐ For Review ☐ Please Comment ☐ Please Reply ☐ Please Recycle

Comments: Your comments here

Result Type: Outpatient PT Progress Note - Text
 Result Date: March 17, 2026 14:41 CDT
 Result Status: Modified
 Result Title/Subject: Outpatient PT Progress Note ACD
 Performed By/Author: Woodruff DPT, Catherine B on March 19, 2026 12:12 CDT
 Verified By: Woodruff DPT, Catherine B on March 19, 2026 12:12 CDT
 Encounter info: 1206228906, USA PT Campus, Clinic, 3/17/2026 - 3/17/2026

Document Has Been Revised

Outpatient PT Progress Note ACD Entered On: 3/17/2026 14:57 CDT
 Performed On: 3/17/2026 14:41 CDT by Woodruff DPT, Catherine B

Review/Treatments Provided

Plan Review: No qualifying data available

Short Term Goals Review: Yes

D-PT Progress Note Visit Count: 13

Therapeutic Exercise: Yes

Modalities: Yes

Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Reason for Treatment

PT Treatment Diagnosis Codes: M62.81 Weakness (generalized), M25.562 Pain in L knee, Other: M25.462, m25.662

Subjective Statement: Pt returns to therapy after being off of PT ~ 1 month. He also was in a car accident 4 days ago in which his knee hit the dash. He went to ER who did a CT scan which was clear. They told him to wear his brace, and put little to no weight on his LLE for 1 week. Pt has not seen his surgeon since the accident and states that he has not called them either.

Reason for Referral: L ACL repair w/ patellar tendon graft and meniscectomy 1/7/26.

Precautions/Contraindications PT: No Orders Qualified

Past Medical Hx PT: Boxer's fracture w/ repair Sept 2022

Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Short Term Goals

Desired Timeframe for Goal Completion: 2-3 weeks

Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Short Term Goals

	Goal #1	Goal #2	Goal #3

<i>Goal :</i>	I with initial HEP for ROM and quad activation	Pt will increase L knee PROM to 0-115 to demonstrate improvement in functional mobility	Pt will decrease pain to 4/10 w/ activity
<i>Status :</i>	Goal met	Progressing, continue	Revised
<i>Comments :</i>		140deg flexion, 3deg extension	pt was in car accident in 3/13 which increased pain
	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Therapeutic ExerciseTherapeutic Exercise Grid

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
<i>Exercise :</i>	Other: Russian QS/SLR	Other: Heel slides	Other: Gastroc stretch	Other: SLR 4-way
<i>Repetition/Time :</i>	10'	x20	3x30"	2x15 ea
<i>Resist or Assist :</i>				3#
<i>Response :</i>				
<i>Completed :</i>	Yes	Yes	Yes	Yes
<i>Comment :</i>	5' QS/ 5' SLR	140 AAROM;NP	Slant Board	
	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

	Exercise 5	Exercise 6	Exercise 7	Exercise 8
<i>Exercise :</i>	Other: Patella Mobz	Other: Seated knee ext	Other: Prone hangs	Other: SL Balance
<i>Repetition/Time :</i>	6mins	x30	5'	2x1'
<i>Resist or Assist :</i>				airex
<i>Response :</i>				
<i>Completed :</i>	Yes	Yes	Yes	Yes
<i>Comment :</i>	some overpressure into extension	90deg-40deg NP		
	Woodruff DPT, Catherine B - 3/17/2026 14:41	Woodruff DPT, Catherine B - 3/19/2026 12:12	Woodruff DPT, Catherine B - 3/17/2026 14:41	Woodruff DPT, Catherine B - 3/19/2026 12:12

	CDT	CDT	CDT	CDT
	Exercise 9	Exercise 10	Exercise 11	Exercise 12
<i>Exercise :</i>	Other: Prone hamstring curls	Other: Mini squats	Other: Bridges	Recumbant bike
<i>Repetition/Time :</i>	2x15	3x10	x30	x10'
<i>Resist or Assist :</i>		GTB for TKE	On bolster	L2.5
<i>Response :</i>				
<i>Completed :</i>	No	Yes		
<i>Comment :</i>	NP		LEs extended NP	
	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT
	Exercise 13	Exercise 14	Exercise 15	Exercise 16
<i>Exercise :</i>	TKE	Other: Standing Heel Raises	Other: Gait Training	Other: Dynamic balance
<i>Repetition/Time :</i>	x30	3 x10	x8mins	x30
<i>Resist or Assist :</i>	BTB	GTB for TKE		BOSU Airex
<i>Response :</i>				New exercise/activity added today
<i>Completed :</i>				
<i>Comment :</i>			High Knees, Retro walking;NP	DL: Mini Squats SL: Ball Toss NP
	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT
	Exercise 17	Exercise 18	Exercise 19	Exercise 20
<i>Exercise :</i>	Other: Long sitting hamstring St	Other: steamboats	Step-ups	Other: long sit ext stretch w/ OP
<i>Repetition/Time :</i>	3 x30sec	3x10 B	x30	10x10"
<i>Resist or Assist :</i>		Blue TB	L2/9# DBs	
<i>Response :</i>		Increased weight/resistance		
<i>Completed :</i>				
<i>Comment :</i>	no towel/strap		NP	
	Woodruff DPT,	Woodruff DPT,	Woodruff DPT,	Woodruff DPT,

	Catherine B - 3/17/2026 14:41 CDT	Catherine B - 3/17/2026 14:41 CDT	Catherine B - 3/19/2026 12:12 CDT	Catherine B - 3/17/2026 14:41 CDT
	Exercise 21	Exercise 22	Exercise 23	Exercise 24
<i>Exercise :</i>	Leg press	Calf press	Other: SL wall slides w/ slider at Rt foot	Other: Heel Tap
<i>Repetition/Time :</i>	3 x10	x30	x30	x30
<i>Resist or Assist:</i>	DL: 66# SL: 22#	DL: 66#	balance pole x1	L1
<i>Response :</i>	Increased weight/resistance			New exercise/activity added today
<i>Completed :</i>				
<i>Comment :</i>	Increased on SL NP	NP	NP	NP
	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT

Modalities

Modalities : No qualifying data available.

Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Modalities

	Activity 1	Activity 2
<i>Modality :</i>	Vasopneumatic device therapy	Electrical stimulation, unattended
<i>Body Region :</i>	L knee	L knee
<i>Settings :</i>	Med x15' @ 40deg	ifc 15'; NP
	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT	Woodruff DPT, Catherine B - 3/17/2026 14:41 CDT

Outcome Measures

LEFS (Knee) Result: 45/80 - 56%

Woodruff DPT, Catherine B - 3/19/2026 12:41 CDT

Assessment

Rehabilitation Potential: Good

Chart Assessment PT: Yes

Impairments/Limitations : Ambulation deficits, Balance deficits, Coordination/Proprioception deficits, Equipment training, Impaired sensation, Muscle weakness, Myalgia, Pain limiting function, Range of motion deficits, Transfer deficits,

Transition deficits

**Clinical Assessment Summary:* Pt reports to therapy for progress note after having to be taken off of the schedule secondary to insurance issues. While he was on spring break, pt was in an MVA in which his surgical leg was slammed into the dashboard. He is currently ambulating PWB with crutches per the ER, and has not contacted his PCP or surgeon. Therapist performed several special tests, all of which were negative. At this point, will continue to progress with therapy according to pt tolerance and MD protocol. Therapist highly encouraged pt to contact his surgeon ASAP.

Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT

Plan of Care

Number of PT Visits Requested: 16

PT Certification End Date: 5/12/2026 CDT

PT Certification Begin Date: 3/17/2026 CDT

PT Frequency Rehab: 2x/week

PT Duration Rehab: 7-8 weeks

PT Anticipated Treatments, Needs: Balance training, Body weight support treadmill training, Dry needling, Electric modalities, Gait training, Manual therapy, Neuromuscular reeducation, Pain management, Patient education, Posture/Body mechanics training, Stair training, Therapeutic activities, Therapeutic exercises, Transfer training

Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT

Time Spent With Patient PT

Credentials PT Rehab: PT

PT Vasopneumatic Devices Time: 15 minutes

PT Vasopneumatic Devices Units: 1 units

PT Therapeutic Exercise Time: 20 minutes

PT Therapeutic Exercise Units: 2 units

PT Neuromuscular Reeducation Units: 1 units

PT Neuromuscular Reeducation Time: 10 minutes

PT Therapeutic Activity Time: 15 minutes

PT Therapeutic Activity Units: 1 units

PT Total Treatment Units: 5 units

PT Total Outpatient Tx Minutes: 60 minutes

Woodruff DPT, Catherine B - 3/19/2026 12:12 CDT

Completed Action List:

- * Perform by Woodruff DPT, Catherine B on March 19, 2026 12:12 CDT
- * Sign by Woodruff DPT, Catherine B on March 19, 2026 12:12 CDT
- * VERIFY by Woodruff DPT, Catherine B on March 19, 2026 12:12 CDT
- * Modify by Woodruff DPT, Catherine B on March 19, 2026 12:41 CDT
- * Sign by Woodruff DPT, Catherine B on March 19, 2026 12:41 CDT

Result Type: Outpatient PT Daily Documentation - Text
Result Date: March 19, 2026 14:34 CDT
Result Status: Auth (Verified)
Result Title/Subject: Outpatient PT Daily Documentation ACD
Performed By/Author: Lee PTA, Morgan H on March 20, 2026 13:50 CDT
Verified By: Woodruff DPT, Catherine B on March 23, 2026 8:05 CDT
Encounter info: 1206228910, USA PT Campus, Clinic, 3/19/2026 - 3/19/2026

Outpatient PT Daily Documentation ACD Entered On: 3/19/2026 14:44 CDT
Performed On: 3/19/2026 14:34 CDT by Lee PTA, Morgan H

Review/Treatments Provided

Modalities : Yes

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Plan Review : No qualifying data available

D-PT Progress Note Visit Count : 14

Therapeutic Exercise : Yes

Lee PTA, Morgan H - 3/19/2026 14:34 CDT

Reason for Treatment

PT Treatment Diagnosis Codes : M62.81 Weakness (generalized), M25.562 Pain in L knee, Other: M25.462, m25.662

Subjective Statement : Pt reports his knee has been "okay".

Reason for Referral : L ACL repair w/ patellar tendon graft and meniscectomy 1/7/26.

Precautions/Contraindications PT : No Orders Qualified

Past Medical Hx PT : Boxer's fracture w/ repair Sept 2022

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Therapeutic Exercise**Therapeutic Exercise Grid**

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
Exercise :	Other: Russian QS/SLR	Other: Heel slides	Other: Gastroc stretch	Other: SLR 4-way
Repetition/Time :	10'	x20	3x30"	2x15 ea
Resist or Assist :				3#

<i>Completed :</i>				
<i>Comment :</i>	5' QS/ 5' SLR;NP	140 AAROM;NP	Slant Board	
	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT

	Exercise 5	Exercise 6	Exercise 7	Exercise 8
<i>Exercise :</i>	Other: Patella Mobz	Other: Seated knee ext	Other: Prone hangs	Other: SL Balance
<i>Repetition/Time :</i>	6mins	x30	5'	2x1'
<i>Resist or Assist :</i>		4#	4#	airex
<i>Completed :</i>				
<i>Comment :</i>		90-0 deg		
	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT

	Exercise 9	Exercise 10	Exercise 11	Exercise 12
<i>Exercise :</i>	Other: Prone hamstring curls	Other: Mini squats	Other: Bridges	Recumbant bike
<i>Repetition/Time :</i>	2x15	3x10	x30	x8mins
<i>Resist or Assist :</i>		Blue for TKE	On bolster	L2.5
<i>Completed :</i>	No	Yes		
<i>Comment :</i>	NP		LEs extended NP	
	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT

	Exercise 13	Exercise 14	Exercise 15	Exercise 16
<i>Exercise :</i>	TKE	Other: Standing Heel Raises	Other: Gait Training	Other: Dynamic balance
<i>Repetition/Time :</i>	x30	3 x10	x8mins	x30
<i>Resist or Assist :</i>	BTB			BOSU Airex
<i>Completed :</i>				
<i>Comment :</i>			High Knees, Retro walking;NP	DL: Mini Squats SL: Ball Toss NP
	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT

	Exercise 17	Exercise 18	Exercise 19	Exercise 20
<i>Exercise :</i>	Other: Long sitting	Other: steamboats	Step-ups	Other: long sit ext

	hamstring St			stretch w/ OP
<i>Repetition/Time :</i>	3 x30sec	x20 ea	x30	10x10"
<i>Resist or Assist :</i>		Blue TB	L2/9# DBs	
<i>Completed :</i>				
<i>Comment :</i>	no towel/strap		NP	
	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/19/2026 14:50 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT

	Exercise 21	Exercise 22	Exercise 23	Exercise 24
<i>Exercise :</i>	Leg press	Calf press	Other: SL wall slides w/ slider at Rt foot	Other: Heel Tap
<i>Repetition/Time :</i>	3 x10	x30	x30	x30
<i>Resist or Assist :</i>	DL: 66# SL: 22#	DL: 66#	balance pole x1	L1
<i>Completed :</i>				
<i>Comment :</i>	Increased on SL NP	NP	NP	NP
	Lee PTA, Morgan H - 3/19/2026 14:50 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/19/2026 14:34 CDT	Lee PTA, Morgan H - 3/19/2026 14:50 CDT

Modalities

Modalities : No qualifying data available.

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Modalities

	Activity 1	Activity 2
<i>Modality :</i>	Vasopneumatic device therapy	Electrical stimulation, unattended
<i>Body Region :</i>	L knee	L knee
<i>Settings :</i>	Med x15' @ 40deg	ifc 15'; NP
	Lee PTA, Morgan H - 3/20/2026 13:50 CDT	Lee PTA, Morgan H - 3/20/2026 13:50 CDT

LE Strength

Left Lower Extremity Strength Grid

Hip Flexion : 3

Ankle Dorsiflexion : 5

Ankle Plantarflexion : 5

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Right Lower Extremity Strength Grid

Hip Flexion : 5
Knee Flexion : 5
Knee Extension : 5
Ankle Dorsiflexion : 5
Ankle Plantarflexion : 5

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Assessment

Chart Assessment PT : Yes

Impairments/Limitations : Ambulation deficits, Balance deficits, Coordination/Proprioception deficits, Equipment training, Impaired sensation, Muscle weakness, Myalgia, Pain limiting function, Range of motion deficits, Transfer deficits, Transition deficits

**Clinical Assessment Summary* : Pt presents to clinic today with no new changes noted. Pt is still restricted to ambulating with Bil AC until tomorrow, 3/20/25, per MD orders. Pt did well with therex today. Some audible "clicking" noted with LAQ going into extension. Pt denies pain with click. Completed session with Vaso x15' to help reduce effusion. Encouraged pt to work on HEP.

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Time Spent With Patient PT

Credentials PT Rehab : PTA

PT Vasopneumatic Devices Time : 15 minutes

PTA Vasopneumatic Devices Units : 1 units

PT Therapeutic Exercise Time : 40 minutes

PTA Therapeutic Exercise Units : 3 units

PT Total Treatment Units : 4 units

PT Total Outpatient Tx Minutes : 55 minutes

Lee PTA, Morgan H - 3/20/2026 13:50 CDT

Attestation

PT Attestation Confirm : Yes

PT Attestation : I have directed the care of the patient and agree with the documentation as written by the Physical Therapist Assistant

Woodruff DPT, Catherine B - 3/23/2026 8:05 CDT

Completed Action List:

- * Perform by Lee PTA, Morgan H on March 20, 2026 13:50 CDT
- * Sign by Lee PTA, Morgan H on March 20, 2026 13:50 CDT
- * Modify by Woodruff DPT, Catherine B on March 23, 2026 8:05 CDT
- * Sign by Woodruff DPT, Catherine B on March 23, 2026 8:05 CDT Requested by Lee PTA, Morgan H on March 20, 2026 14:14 CDT
- * VERIFY by Woodruff DPT, Catherine B on March 23, 2026 8:05 CDT

Result Type: Outpatient PT Daily Documentation - Text
 Result Date: March 24, 2026 15:07 CDT
 Result Status: Auth (Verified)
 Result Title/Subject: Outpatient PT Daily Documentation ACD
 Performed By/Author: Lee PTA, Morgan H on March 25, 2026 10:50 CDT
 Verified By: Woodruff DPT, Catherine B on March 26, 2026 7:39 CDT
 Encounter info: 1206269077, USA PT Campus, Clinic, 3/24/2026 - 3/24/2026

Outpatient PT Daily Documentation ACD Entered On: 3/24/2026 15:09 CDT
 Performed On: 3/24/2026 15:07 CDT by Lee PTA, Morgan H

Review/Treatments Provided

Short Term Goals Review: Yes

Modalities: Yes

Plan Review: No qualifying data available

D-PT Progress Note Visit Count: 15

Therapeutic Exercise: Yes

Lee PTA, Morgan H - 3/25/2026 10:50 CDT

Lee PTA, Morgan H - 3/25/2026 10:45 CDT

Lee PTA, Morgan H - 3/24/2026 15:07 CDT

Reason for Treatment

Subjective Statement: Pt reports his knee has been doing well since coming off the crutches.

Lee PTA, Morgan H - 3/25/2026 10:45 CDT

PT Treatment Diagnosis Codes: M62.81 Weakness (generalized), M25.562 Pain in L knee, Other: M25.462, m25.662

Reason for Referral: L ACL repair w/ patellar tendon graft and meniscectomy 1/7/26.

Precautions/Contraindications PT: No Orders Qualified

Past Medical Hx PT: Boxer's fracture w/ repair Sept 2022

Lee PTA, Morgan H - 3/24/2026 15:12 CDT

Short Term Goals

Desired Timeframe for Goal Completion: 2-3 weeks

Lee PTA, Morgan H - 3/25/2026 10:50 CDT

Short Term Goals

	Goal #1	Goal #2	Goal #3
<i>Goal:</i>	I with initial HEP	Pt will increase L	Pt will decrease

Printed by: Dials-Lett, Jazmine A

Printed on: 5/27/2026 8:04 CDT

	for ROM and quad activation	knee PROM to 0-115 to demonstrate improvement in functional mobility	pain to 4/10 w/ activity
<i>Status :</i>	Goal met	Progressing, continue	Revised
<i>Comments :</i>		140deg flexion, 3deg extension	pt was in car accident in 3/13 which increased pain
	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/25/2026 10:50 CDT

Therapeutic Exercise

Therapeutic Exercise Grid

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
<i>Exercise :</i>	Other: Russian QS/SLR	Other: Heel slides	Other: Gastroc stretch	Other: SLR 4-way
<i>Repetition/Time :</i>	10'	x20	3x30"	2x15 ea
<i>Resist or Assist :</i>	3# w/ SLR			3#
<i>Completed :</i>				
<i>Comment :</i>	5' QS/ 5' SLR	140 AAROM;NP	Slant Board	
	Lee PTA, Morgan H - 3/24/2026 15:12 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT

	Exercise 5	Exercise 7	Exercise 8	Exercise 9
<i>Exercise :</i>	Other: Patella Mobz	Other: Prone hangs	Other: SL Balance	Other: Prone hamstring curls
<i>Repetition/Time :</i>	6mins	5'	2x1'	2x15
<i>Resist or Assist :</i>		4#	airex	
<i>Completed :</i>				No
<i>Comment :</i>		**Performed After Bike**		NP
	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT

	Exercise 10	Exercise 11	Exercise 12	Exercise 13
<i>Exercise :</i>	Other: Mini squats	Other: Bridges	Recumbant bike	TKE
<i>Repetition/Time :</i>	3x10	x30	x8mins	x30

<i>Resist or Assist :</i>	to low mat	On bolster	L3	BTB
<i>Completed :</i>	Yes			
<i>Comment :</i>		LEs extended NP		
	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT

	Exercise 14	Exercise 15	Exercise 16	Exercise 17
<i>Exercise :</i>	Other: Standing Heel Raises	Other: Gait Training	Other: Dynamic balance	Other: Long sitting hamstring St
<i>Repetition/Time :</i>	3 x10	x8mins	x30	3 x30sec
<i>Resist or Assist :</i>			BOSU Airex	
<i>Completed :</i>				
<i>Comment :</i>		High Knees, Retro walking;NP	DL: Mini Squats SL: Ball Toss NP	no towel/strap
	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT

	Exercise 18	Exercise 19	Exercise 20	Exercise 21
<i>Exercise :</i>	Other: steamboats	Step-ups	Other: long sit ext stretch w/ OP	Leg press
<i>Repetition/Time :</i>	2 x10ea	x30	10x10"	3 x10
<i>Resist or Assist :</i>	Red TB			DL: 66# SL: 22#
<i>Completed :</i>				
<i>Comment :</i>		NP		Increased on SL NP
	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/25/2026 10:50 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT	Lee PTA, Morgan H - 3/24/2026 15:07 CDT

	Exercise 22	Exercise 23	Exercise 24	Exercise 6
<i>Exercise :</i>	Calf press	Other: SL wall slides w/ slider at Rt foot	Other: Heel Tap	Other: Squat Wall Holds
<i>Repetition/Time :</i>	x30	x30	x30	3x 30sec holds
<i>Resist or Assist :</i>	DL: 66#	balance pole x1	L1	
<i>Completed :</i>				
<i>Comment :</i>	NP	NP	Able to perform	
	Lee PTA, Morgan H - 3/24/2026	Lee PTA, Morgan H - 3/24/2026	Lee PTA, Morgan H - 3/25/2026	Lee PTA, Morgan H - 3/25/2026

	15:07 CDT	15:07 CDT	10:50 CDT	10:50 CDT
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Modalities

Modalities : No qualifying data available.

Lee PTA, Morgan H - 3/25/2026 10:45 CDT

Modalities

	Activity 1	Activity 2
<i>Modality</i> :	Vasopneumatic device therapy	Electrical stimulation, unattended
<i>Body Region</i> :	L knee	L knee
<i>Settings</i> :	Med x15'	ifc 15'; NP
	Lee PTA, Morgan H - 3/25/2026 10:45 CDT	Lee PTA, Morgan H - 3/25/2026 10:45 CDT

Assessment

Chart Assessment PT : Yes

Impairments/Limitations : Ambulation deficits, Balance deficits, Coordination/Proprioception deficits, Equipment training, Impaired sensation, Muscle weakness, Myalgia, Pain limiting function, Range of motion deficits, Transfer deficits, Transition deficits

**Clinical Assessment Summary* : Pt presents to clinic today without AC after being cleared from MD last Friday. Continues to wear HKB. Reincorporated several exercises to help improve pt's quad strength. Prone hangs demonstrated a lack in knee extension 2/2 tightness. Encouraged pt to continue with prone hangs and hamstring stretches. Utilized NMES to quad to help with activation before performing other exercises. Pt tolerated all therex well. Will continue per POC.

Lee PTA, Morgan H - 3/25/2026 10:50 CDT

Time Spent With Patient PT

Credentials PT Rehab : PTA

PT Vasopneumatic Devices Time : 15 minutes

PTA Vasopneumatic Devices Units : 1 units

PT Therapeutic Exercise Time : 34 minutes

PTA Therapeutic Exercise Units : 2 units

PT Neuromuscular Reeducation Time : 10 minutes

PTA Neuromuscular Reeducation Units : 1 units

PT Total Treatment Units : 4 units

PT Total Outpatient Tx Minutes : 59 minutes

Lee PTA, Morgan H - 3/25/2026 10:50 CDT

Attestation

PT Attestation Confirm : Yes

PT Attestation : I have directed the care of the patient and agree with the documentation as written by the Physical Therapist Assistant.

Woodruff DPT, Catherine B - 3/26/2026 7:39 CDT

Completed Action List:

Printed by: Dials-Lett, Jazmine A

Printed on: 5/27/2026 8:04 CDT

- * Perform by Lee PTA, Morgan H on March 25, 2026 10:50 CDT
- * Sign by Lee PTA, Morgan H on March 25, 2026 10:50 CDT
- * Modify by Woodruff DPT, Catherine B on March 26, 2026 7:39 CDT
- * Sign by Woodruff DPT, Catherine B on March 26, 2026 7:39 CDT Requested by Lee PTA, Morgan H on March 25, 2026 11:31 CDT
- * VERIFY by Woodruff DPT, Catherine B on March 26, 2026 7:39 CDT

Result Type: Outpatient PT Daily Documentation - Text
 Result Date: March 26, 2026 14:51 CDT
 Result Status: Auth (Verified)
 Result Title/Subject: Outpatient PT Daily Documentation ACD
 Performed By/Author: Lee PTA, Morgan H on March 27, 2026 14:48 CDT
 Verified By: Woodruff DPT, Catherine B on March 30, 2026 9:33 CDT
 Encounter info: 1206269080, USA PT Campus, Clinic, 3/26/2026 - 3/26/2026

Outpatient PT Daily Documentation ACD Entered On: 3/26/2026 14:54 CDT
 Performed On: 3/26/2026 14:51 CDT by Lee PTA, Morgan H

Review/Treatments Provided

Modalities : Yes

Lee PTA, Morgan H - 3/27/2026 14:48 CDT

Plan Review : No qualifying data available

D-PT Progress Note Visit Count : 16

Therapeutic Exercise : Yes

Lee PTA, Morgan H - 3/26/2026 14:51 CDT

Reason for Treatment

Subjective Statement : Pt reports he was a little sore post previous tx session.

Lee PTA, Morgan H - 3/27/2026 14:48 CDT

PT Treatment/Diagnosis Codes : M62.81 Weakness (generalized), M25.562 Pain in L knee, Other: M25.462, m25.662

Reason for Referral : L ACL repair w/ patellar tendon graft and meniscectomy 1/7/26.

Precautions/Contraindications PT : No Orders Qualified

Past Medical Hx PT : Boxer's fracture w/ repair Sept 2022

Lee PTA, Morgan H - 3/26/2026 14:51 CDT

Therapeutic Exercise

Therapeutic Exercise Grid

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
<i>Exercise :</i>	Other: Russian QS/SLR	Other: Heel slides	Other: Gastroc stretch	Other: SLR 4-way
<i>Repetition/Time :</i>	10'	x20	3x30"	2x15 ea
<i>Resist or Assist :</i>	3# w/ SLR			3#

Printed by: Dials-Lett, Jazmine A

Printed on: 5/27/2026 8:04 CDT

<i>Completed :</i>				
<i>Comment :</i>	5' QS/ 5' SLR;NP	140 AAROM;NP	Slant Board	
	Lee PTA, Morgan H - 3/26/2026 15:20 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT

	Exercise 5	Exercise 6	Exercise 7	Exercise 8
<i>Exercise :</i>	Other: Patella Mobz	Other: Squat Wall Holds	Other: Prone hangs	Other: SL Balance
<i>Repetition/Time :</i>	6mins	3x 30sec holds	5'	2 x30sec ea
<i>Resist or Assist :</i>			4#	airex
<i>Completed :</i>				
<i>Comment :</i>	NP		**Performed After Bike**	EO/EC
	Lee PTA, Morgan H - 3/26/2026 15:20 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 15:24 CDT

	Exercise 9	Exercise 10	Exercise 11	Exercise 12
<i>Exercise :</i>	Other: Prone hamstring curls	Other: Mini squats	Other: Bridges	Recumbant bike
<i>Repetition/Time :</i>	2x15	3x10	x30	x8mins
<i>Resist or Assist :</i>		to low mat	On bolster	L3
<i>Completed :</i>	No	Yes		
<i>Comment :</i>	NP		LEs extended NP	
	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT

	Exercise 13	Exercise 14	Exercise 15	Exercise 16
<i>Exercise :</i>	TKE	Other: Standing Heel Raises	Other: Gait Training	Other: Dynamic balance
<i>Repetition/Time :</i>	x30	3 x10	x8mins	x30
<i>Resist or Assist :</i>	BTB			Airex
<i>Completed :</i>				
<i>Comment :</i>			High Knees, Retro walking;NP	SL: ABC's Ball Toss
	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/27/2026 14:48 CDT

	Exercise 17	Exercise 18	Exercise 19	Exercise 20
<i>Exercise :</i>	Other: Long sitting	Other: steamboats	Step-ups	Other: long sit ext

	hamstring St			stretch w/ OP
<i>Repetition/Time :</i>	3 x30sec	x30	x30	10x10"
<i>Resist or Assist:</i>		Gr TB		
<i>Completed :</i>				
<i>Comment:</i>	no towel/strap		NP	
	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 15:24 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT

	Exercise 21	Exercise 22	Exercise 23	Exercise 24
<i>Exercise :</i>	Leg press	Calf press	Other: SL wall slides w/ slider at Rt foot	Other: Heel Tap
<i>Repetition/Time :</i>	3 x10	x30	x30	x30
<i>Resist or Assist:</i>	DL: 66# SL: 22#	DL: 66#	balance pole x1	L1
<i>Completed :</i>				
<i>Comment:</i>	Increased on SL NP	NP	NP	Able to perform
	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT	Lee PTA, Morgan H - 3/26/2026 14:51 CDT

Modalities

Modalities : No qualifying data available.

Lee PTA, Morgan H - 3/27/2026 14:48 CDT

Modalities

	Activity 1	Activity 2
<i>Modality :</i>	Vasopneumatic device therapy	Electrical stimulation, unattended
<i>Body Region :</i>	L knee	L knee
<i>Settings :</i>	Med x15'	ifc 15'; NP
	Lee PTA, Morgan H - 3/27/2026 14:48 CDT	Lee PTA, Morgan H - 3/27/2026 14:48 CDT

Assessment

Chart Assessment PT : Yes

Impairments/Limitations : Ambulation deficits, Balance deficits, Coordination/Proprioception deficits, Equipment training, Impaired sensation, Muscle weakness, Myalgia, Pain limiting function, Range of motion deficits, Transfer deficits, Transition deficits

**Clinical Assessment Summary :* Pt presents to clinic today with no c/o pain noted and some soreness. Continue to work with pt on improving quad strength and knee stability through various exercises and balance activities. Pt demonstrates good muscle fatigue during therex without much pain. Pt has most difficulty with eccentric quad control. Pt also still lack full

knee extension. Encouraged pt to work consistently on his hamstring stretches and prone hangs. Pt as a follow up appt with MD next Monday, 3/30/36. Will continue per POC. Pt will need a new PT tx script from MD to continue.

Lee PTA, Morgan H - 3/27/2026 14:48 CDT

Time Spent With Patient PT

Credentials PT Rehab : PTA

PT Vasopneumatic Devices Time : 15 minutes

PTA Vasopneumatic Devices Units : 1 units

PT Therapeutic Exercise Time : 40 minutes

PTA Therapeutic Exercise Units : 3 units

PTA Therapeutic Activity Units : 1 units

PT Therapeutic Activity Time : 10 minutes

PT Total Treatment Units : 5 units

PT Total Outpatient Tx Minutes : 65 minutes

Lee PTA, Morgan H - 3/27/2026 14:48 CDT

Attestation

PT Attestation Confirm : Yes

PT Attestation : I have directed the care of the patient and agree with the documentation as written by the Physical Therapist Assistant.

Woodruff DPT, Catherine B - 3/30/2026 9:33 CDT

Completed Action List:

* Perform by Lee PTA, Morgan H on March 27, 2026 14:48 CDT

* Sign by Lee PTA, Morgan H on March 27, 2026 14:48 CDT

* Modify by Woodruff DPT, Catherine B on March 30, 2026 9:33 CDT

* Sign by Woodruff DPT, Catherine B on March 30, 2026 9:33 CDT Requested by Lee PTA, Morgan H on March 27, 2026 14:56 CDT

* VERIFY by Woodruff DPT, Catherine B on March 30, 2026 9:33 CDT