Physical Therapy Exercise Flow Sheet

 Name: Jeremy Lee
 Gender: M

 Age: 45
 Gender: M

 Date: 02/18/2025,
 Time: 10:30AM

Relevant medical history:

History of ACL reconstruction (left knee), mild osteoarthritis

Sets	Repetitions	Duration	Frequency	Additional notes
3	15	10 second hold	2x	

Progress notes:

Patient reports mild discomfort but no sharp pain. Good quad activation.

Sets	Repetitions	Duration	Frequency	Additional notes
3	12	10 second hold	2x	

Progress notes:

Patient able to perform with minimal fatigue, slight hip flexor strain reported.

Sets	Repetitions	Duration	Frequency	Additional notes
3	10	5 second hold	2x	

Knee flexion improved slightly, reports stiffness but no significant pain.

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Yan Bai

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