Charles Martin

PTA 2600

6/9/18

Analysis of week 1 &2 patient progress notes

1. After reviewing both week 1 &2 progress notes the “objective” it can be seen that the patient has improved slightly on her Right knee extension and flexion from 7 degrees of extension to 4 degrees of extension and 107 degrees of flexion to 118 degrees of flexion during a PROM measurement using goniometer. The patient is still unable to extend her right knee into full range AROM when tested against gravity, when measuring quadriceps strength by MMT week two the patient received a score of 3-/5. The strength of the right hamstring muscles were also tested against gravity and patient maintains ability to flex knee but without any resistance a score of 3/5 by MMT was given.
2. Patient has met the following goals (a) and not meet goals (b):
   1. short-term goals:
      1. Patient will be moderate/independent with her transfers to be able to perform selfcare. Pt has been able to only need Min A to CGA to stand of transfer from bed to wheelchair.
      2. Others met that were not all listed in progress note:
         1. Increase right knee extension to at least 5 degrees to 105 degrees.
   2. Goals that patient continues to struggle with are both short/long term goals:
      1. Patient will ambulate with stand by assistance 150 ft with use of FWW.
      2. Patient will increase right quads and hamstrings to 4/5 to aid in transfer and gait
      3. Patient will be moderately independent with transfers and ambulation with FWW over a variety of surfaces, and handle stairs for home environment with safety.
3. Patient is has shown the ability to walk a distance of 125 ft with the use of her FWW. The distance is not consecutive but a total distance with rest breaks in between. While ambulating patient is still needing min assist and because of the weakness in her quadriceps and hamstring muscles cannot complete longer distances of ambulation safely. Patient will not completely weight shift onto right knee for fear of falling and fear of painful movement. Patient also needs to use better body mechanics to use arms to help support her weight when transferring over her right leg when it is in mid stance. This also does not allow left leg to swing through and presents with slow walking and a step to gait pattern.

During PROM measurements patient is able to get current ROM that has been recorded. Her lack of AROM with flexion and extension of her right knee prevents her quadriceps and hamstring muscles from progressing from a 3-/5 respectively. This is preventing her from increasing to a 4/5 during MMT, it is also preventing her from completing all transfers and ambulation for over 150 ft and over various terrain. Stairs will be difficult to manage given her hesitation to bear all weight on right lower extremity. It will make stability of her knees minimized and prone to collapse when ascending or descending.