

PT DIAGNOSIS > PT IMPAIRMENT > PT TREATMENT DOCUMENT

Dx: _____ **Age/Gender:** _____ **PLOF/Functional Goals:** _____

1. What Impairments are you likely to see?
2. Why?
3. What are 2-3 Treatment Ideas for Each Impairment?

IMPAIRMENT	PLAUSIBLE EXPLANATION FOR OBSERVED IMPAIRMENT	TREATMENTS FOR IMPAIRMENT
1.		
2.		
3.		

EXAMPLE OF PT DIAGNOSIS > PT IMPAIRMENT > PT TREATMENT ACTIVITY:

Dx: Greater Trochanteric Pain Syndrome **Age/Gender:** 45yo F

PLOF/Functional Goals: get back to walking for fitness with her neighborhood group, 3-5miles 4 days/wk

1. What Impairments are you likely to see?
2. WHY?
3. What are 2-3 Treatment Ideas for Each Impairment?

IMPAIRMENT	PLAUSIBLE EXPLANATION FOR OBSERVED IMPAIRMENT	TREATMENTS FOR IMPAIRMENT
1. Trendelenburg Gait	Weak gluteus medius muscle	s/l hip abduction exercise hip hike on step lateral step up
2. Pain when crossing legs in sitting	Compression on irritated trochanteric bursa	Pt education activity modification avoid crossing legs in short term
3. Decreased hip extension	Overusing TFL as hip abductor, hip flexor tightness	Hip flexor stretching Hip extensor muscle strengthening Neuro re-ed on activating gluteus maximus