

Physical Therapy Exercise Flow Sheet

Name: Jeremy Lee				
Age: 45			Gender: M	
Date: 02/18/2025,			Time: 10:30AM	
Relevant medical history:				
History of ACL reconstruction (left knee), mild osteoarthritis				
Exercise 1: Quadriceps Sets				
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.				
Exercise 2: Straight Leg Raises				
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.				
Exercise 3: Heel Slides				
Sets	Repetitions	Duration	Frequency	Additional notes
3	10	5 second hold	2x	
Progress notes:				
Knee flexion improved slightly, reports stiffness but no significant pain.				

Physical Therapy Exercise Flow Sheet

Yan Bai

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name 'Yan Bai'.

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