

# Physical Therapy Itinerary

**Patient Name:** John Doe

**Date:** October 20, 2023

**Physiotherapist:** Jane Smith, PT

## Treatment Plan

- **Session 1:** October 21, 2023
  - Warm-up: 10 minutes of low-impact cardio
  - Strengthening exercises: Focus on lower body (squats, lunges)
  - Stretching: Hamstring and quadriceps stretches
  - Cool down: 5 minutes of walking
- **Session 2:** October 23, 2023
  - Warm-up: 10 minutes of dynamic stretches
  - Balance training: Single-leg stands, wobble board exercises
  - Therapeutic modalities: Ultrasound therapy on affected area
  - Cool down: Guided breathing exercises
- **Session 3:** October 25, 2023
  - Warm-up: 5 minutes of cycling
  - Functional movements: Step-ups, kettlebell swings
  - Core stability: Planks, side bridges
  - Cool down: Yoga stretches

## Home Exercises

Perform these exercises daily:

- Heel slides: 3 sets of 10 repetitions
- Wall sits: 3 sets of 30 seconds
- Calf raises: 3 sets of 15 repetitions

## Follow-up Appointment

**Date:** October 28, 2023

**Time:** 2:00 PM

If you have any questions, please contact our office at (555) 123-4567.