

# Physical Therapy Plan for Patient Mobility

**Patient Name:** John Doe

**Date:** October 15, 2023

**Physical Therapist:** Jane Smith, PT

## Objective:

To improve the patient's mobility and enhance overall physical function.

## Assessment:

The patient presents with limited range of motion and strength deficits in the lower limbs due to a recent surgery.

## Treatment Plan:

- **Frequency:** 2 times per week
- **Duration:** 6 weeks
- **Goals:**
  - Increase range of motion in hip and knee joints by 20%.
  - Improve lower limb strength by 15%.
  - Enhance balance and coordination.

## Interventions:

1. Therapeutic exercises targeting lower extremity strength.
2. Range of motion exercises.
3. Balance training activities.
4. Modalities as needed (ice, heat).

## Patient Instructions:

Perform assigned exercises at home daily, maintain hydration, and report any increase in pain.

## Next Appointment:

October 22, 2023

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Physical Therapist Signature