

# UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute  
Physical Therapy Prescription

Diagnosis: Acute knee injury

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

**Specific interventions:**

ROM--work on passive, active assist, and active.  
Bridge exercises for extension.

Strengthening--begin with isometrics for quad and hamstring. Advance to active gentle strengthening and ROM. Work on hip and CORE strengthening as patient tolerates.  
Balance and proprioception as appropriate.

Modalities as indicated by PT

**Limitations:** none except as limited by pain

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