

UCSF Physical Therapy Referral

Diagnosis: Hip pain

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

ROM- active, passive, active assist. Focus on muscle control and avoidance of pain
Strengthening- core, hip stabilizers including glutes.

Stretching IT band, foam roller OK. Back exercises OK

Modalities ok as indicated

Limitations: Limited by pain only.

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