

**Xinning Li, M.D.**

Associate Professor  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Athletics – Team Physician  
725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 638-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)



**KNEE PHYSICAL THERAPY PRESCRIPTION**

**Patient Name:**

**Date:**

**Dx:**

**Modalities:**

- Ice / Massage / Anti-Inflammatory Modalities
- Range of Motion:     Active / Active-Assisted / Passive
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening      V.M.O. Strengthening
- Full Arc            0-30° Arc
- Hamstring Strengthening
- Iliotibial Band Stretching / Strengthening
- Adductor/Abductor Stretching / Strengthening
- Straight Leg Raises / Quad Isometrics
- Exercise Bike            Stairclimber            Cybex
- Achilles Tendon Stretching
- Medial Patella Glides
- Electrical Stimulation for Quadriceps
- Hydrotherapy

**Treatment:** \_\_\_\_\_ times per week                    Home Program

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

Xinning Li, M.D.  
Associate Professor  
Boston University School of Medicine  
[www.tigerortho.com](http://www.tigerortho.com)