



Lata Mangeshkar Medical Foundation's  
**Deenanath Mangeshkar Hospital & Research Center**

Erandawane, Pune 411 004. Tel. : 020 40151000 / 49153000  
Email : info@dmhospital.org, Website : www.dmhospital.org



**Department of Rehabilitation Medicine**

8<sup>th</sup> Floor, Main Building | 11<sup>th</sup> Floor, Super Speciality Building  
Contact : SS Building : 020 49154121  
Email : physio@dmhospital.org



Printed Date:07/01/2025 11:51:17

**Patient Name:** Mrs. RUPAREL MUKTA  
JAYANTILAL

**MRD#:** 1368032

**Date of Birth:** 05/07/1950

**Sex:** Female

**Visit Code:** IP0001

**PHYSIOTHERAPY INSTRUCTIONS**

**Created Date:** 06/01/2025

**Date of Admission:** 30/12/2024

**Consultant Dr.** MODAK MILIND

**Rehab Counselling:** Yes

**Diagnosis:** Left sided open reduction and proximal femur plating

**Observation**

**Treatment Given**

**Modalities**

**In Bed Exercises:** Yes

**Lower Limb:**

Ankle Toe Movements Active, Statics Quadriceps, Static Hamstrings, Abduction Assisted

**Count:** 5

**Repetition:** 10

**Bed Side Sitting:** Yes

With Support

**Bed Side Quadriceps:** Assisted

**Knee ROM Left:**

0-90

bed Side

**Knee ROM Right:**

0-90

bed Side

**Standing:** Yes

with walker support and LKB

**Ambulation:** Yes

with walker support and LKB

**Weight Bearing:**

Non weight

**Commode Chair Training:** Yes

**Brace:**

Long Knee

**Precautions to be taken:**

AVOID LOW HEIGHT SITTING

AVOID PRONE KNEE BENDING

AVOID CROSSED LEG SITTING

MRD No:1368032

Name:Mrs. RUPAREL MUKTA JAYANTILAL

**AVOID THERABAND AND WEIGHT CUFFS FOR STRENGTHENING**

Use Long knee brace on left side as per consultant advice.

Avoid straight leg raise on left side

**Follow Up:**

As per consultant advice

**Supervised Physiotherapy At Home:**

for one month

**Advice/Suggestion:**

HIP KNEE CORE STRENGTHENING

ADVANCEMENT OF WEIGHT BEARING AS PER CONSULTANT ADVICE

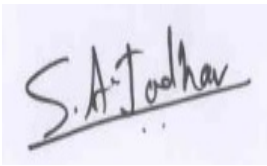
**Remark:**

For query contact Physiotherapy Department 02049154121 / 49154125 between 09:30am to 06:00pm .

For physiotherapy Home Visit contact :

SPERO HOMECARE SERVICES, Main Building , 1st floor

Contact No : 02040151087 / 7620400100



**Signed By:** DR.JADHAV (PT) SUMIT AJAY