# MCCC PTAP

Practical Examination

Fall Semester: PTA 210 & PTA 211

## Physical Therapy Initial SOAP Evaluation

|  |  |
| --- | --- |
| Patient Name: | Diagnosis: Diabetes Mellitus and left calcaneal wound |
| Age: 78 years old | Precautions: **Left** LE TTWB |

#### SUBJECTIVE

History**:** \_Patient reports that she had pneumonia 7 months ago and because she was in bed for so long with pneumonia, she developed a pressure wound on her left calcaneus. While the pneumonia is gone, the wound hasn’t healed. She reports that she has diabetic neuropathies throughout her left LE and that she is not as active as she used to be.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Description: \_\_\_retired\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Pain:

|  |  |
| --- | --- |
| Location: | Left ankle |
| 0-10 Scale: | 6/10 at worst |
| Description: | Dull and achy |
| Aggravated by: | Activity |
| Alleviated by: | Rest |

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| --- | --- |
| Prior level of function | Current level of function (limitations) |
| Modified Independent Community Ambulator with a single point cane | Non-ambulatory |

#### OBJECTIVE

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| --- | --- | --- |
| Range of Motion | Right | Left |
| Knee flexion | 0-90° | 0-90° |
| Ankle Dorsiflexion | 0-10° | 0-10° |
| Ankle Plantarflexion | 0-40° | 0-40° |

|  |  |  |
| --- | --- | --- |
| Special Tests | Right | Left |
| Shoulder flexion | 3+/5 | 3+/5 |
| Elbow Flexion | 4/5 | 4/5 |
| Elbow Extension | 4/5 | 4/5 |

Wound: Round Stage IV wound left calcaneus LxWxD (3cm x 4cm x 1cm); no tunneling or exudates; 50% granulation; 50% bone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### ASSESSMENT Prognosis:\_Good\_\_\_\_\_

\_\_This patient presents with pain, decreased ROM and strength, decreased mobility and a left calcaneal wound. She is 78 years old, sedentary and diabetic. She will benefit from skilled physical therapy to address the deficits noted above and to maximize her return to her prior level of function.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### PLAN

Patient to be seen \_6\_x/week for \_3\_ weeks for physical therapy consisting of:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| X | Therapeutic Exercise | X | Modalities | X | Gait Training |
|  | Therapeutic Activities | X | Wound Care | X | Patient Education |
|  | NeuroMuscular Re-ed |  | Manual Therapy |  | HEP |

To work towards the following goals:

|  |  |
| --- | --- |
| Short Term Goals: \_\_\_\_**1**\_\_\_\_weeks | Long Term Goals: \_\_3\_\_\_\_\_ weeks |
| 1. The patient will be min assist for skin inspection of pressure areas. | 1. The patient will be independent in skin inspection of pressure areas. |
| 2. The patient will be min assist for verbalization of diabetic foot care. | 2. The patient will be able to verbalize diabetic foot care independently. |
| 3. The patient will be able to walk 20’ min assist with the least restrictive assistive device TTWB **left** LE. | 3. The patient will be able to walk 20’ x 2 modified independent with the least restrictive assistive device TTWB **left** LE. |
| 4. 50% wound closure. | 4. 100% Wound closure. |
| 5. Patient will report < 4/10 pain in **left** ankle at worst. | 5. Patient will report < 2/10 pain in **left** ankle at worst. |

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| PT Signature | Therapist Signature, PT 40QA123456 | Date |  |

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## Physical Therapy SOAP Note

Patient Name: Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

**S**: Patient reports that she is unable to stay for her entire session due to another doctor’s appointment. She reports that her arms were slightly sore after the initial examination, but that it didn’t last long. **O**: Wound Care: Round Stage IV wound **left** calcaneus LxWxD (3cm x 4cm x 1cm); no tunneling or exudate; 60% granulation; 40% bone; covered with dry 4x4 gauze and paper tape **A**: Patient with no complaints of pain during or after treatment. Slight increase in granulation tissue as compared to initial examination. **P**: During the next visit, re-measure and re-dress the wound, educate the patient on proper diabetic foot care,, initiate gait training and provide a modality for the relief of left ankle pain.------Therapist Signature, PT 40QA123456