



**Travis G. Maak, M.D.**  
 590 Wakara Way  
 Salt Lake City, UT 84108  
 Tel: (801) 587-7109  
 Fax: (801)587-7112  
 Lic. # 8234797-1205

## Physical Therapy Prescription General Hip Pain

**Patient Name:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**Dx: (LEFT / RIGHT)** \_\_\_\_\_

**Modalities:**

- Evaluate & Treat
- Assess goals of individual and direct interventions towards their accomplishment
- WBAT, Gait training if needed
- Range of Motion - Painfree AROM / AAROM / PROM – Progress to mobility exercises
- Progressive overload / strengthening –
  - Squat variations – Back, Front, Overhead, Sumo, Split Squat, Single leg, Bulgarian Split Squat, High box Step Up, Leg Press / Total Gym, Hex Bar Squat
  - Hip hinge variations – Conventional deadlift, RDL, Good Morning, GHD/Reverse Hyper, Straight Leg Dead, Hip Thrusters, SL dumbbell, kettle bell swing, Nordic HS, Bridging
- Decrease neural tone of lateral thigh if tight and/or sensitive
- Balance training, Proprioception – Work to increase foot intrinsic muscle strength
- Rotation / Anti-Rotation exercises for trunk and spinal muscle groups
- Modalities prn (ultrasound, iontophoresis, dry needling of trigger points, Graston, e-stim, etc.)
- Assess mobility of ankle, hip, thoracic spine and shoulders. Interventions as needed
- Accessory lifts / exercises – Explosive / Triple Extension, Upper body vertical push / pull, Upper body horizontal push / pull
- Pool therapy if needed and available

**Frequency & Duration:** (circle one) 1-2    2-3 x/week for \_\_\_\_\_ weeks    Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**