

SUBJECT ID: _____

Visit 1 **Visit 2** **Visit 3** **Visit 4** **Visit 5** **Visit 6** **Visit 7** **Visit 8**

OMPT TECHNIQUE

Knee Flexion

Grade I-II

Grade III

Grade IV

with ABD

with ADD

Knee Extension

Grade I-II

Grade III

Grade IV

with ABD

with ADD

Knee Internal Rotation

Grade IV

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Patellofemoral

Superior/Inferior Glides

Medial/Lateral Glides

Rotations

Proximal Tib-Fib Joint

A-P or P-A Gr IV

Grade V Manipulation

Distal Tib-Fib Joint

A-P/P-A/Superior Glides Gr IV

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Ankle Joint

GR III/IV

Manipulation GR V

Hip Joint

GR III/IV

Manipulation GR V

Lumbar Spine

GR III/IV

Manipulation GR V

Stretch (1= manual by PT; 2 = HEP)

Hamstring							
Calf							
Hip Flexor							
Quadriceps							

Exercises (1 =Clinic; 2 =HEP)

Static Quad Set (Knee Ext Mob)							
Repeated Knee Extension							
Repeated Knee Flexion							
Double Leg Mini-Squat							
Single Leg Mini-Squat							
TKE (standing with TB)							

Other Exercises (time in minutes)

Stationary Bike							
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