

## Physiotherapy Report

### Patient Information

Name: Mel Lafleur

Age: 70

Date: 1 day after admission

Diagnosis: Right Hip Fracture

### Medical History

No significant past medical history.

### Assessment

#### Subjective Assessment

Patient reports severe pain in the right leg. Pain intensity is rated as 8/10. Patient is non weight-bearing on the right leg.

#### Objective Assessment

Observation:

- Patient in visible discomfort
- Right lower extremity appears shorted and externally rotated

Palpation:

- Tenderness over the fracture site.

Range of Motion (ROM):

- Limited ROM in the right leg
- Patient lying in supine position on bed, unable to sit or stand

#### Treatment Plan

Short-term goals:

- Reduce pain and swelling.
- Prevent joint stiffness.
- Educate patient on non-weight-bearing precautions.

Long-term goals:

- Restore full ROM and strength.
- Achieve full functional mobility.

#### Interventions

1. Pain management:

- Ice therapy for 15-20 minutes every 2 hours.
- Continue pain management as prescribed

2. Mobility:

- Non ambulatory due to fracture
- Requires assistance with ADLs
- Movement in bed is significantly impaired, requires help repositioning

#### Recommendations

1. Follow-up with an orthopedic specialist.
2. Continue physiotherapy sessions to monitor progress and adjust the treatment plan as needed.