

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

KNEE GENERAL PHYSICAL THERAPY PRESCRIPTION

- Ice / Massage / Anti-Inflammatory Modalities
- Range of Motion: Active / Active-Assisted / Passive
- Quadriceps and Hamstring stretching
- Quadriceps Strengthening V.M.O. Strengthening
- Full Arc 0° - 30° Arc
- Hamstring Strengthening
- Iliotibial Band Stretching / Strengthening
- Adductor / Abductor Stretching / Strengthening
- Straight Leg Raises / Quad Isometrics
- Exercise Bike Stairclimber Cybex
- Achilles Tendon Stretching
- Medial Patella Glides
- Electrical Stimulation for Quadriceps
- Hydrotherapy