**Electrotherapy**

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**SOAP**

**Subjective**

 Mr. Shikah Abdullah Aldail, a 62 –year old- married and has tow kids, housewife, she complaining of pain comes and go on her left knee, her left knee sense to ache before 3 months ago and pray on chair, she had in past history with Diabetes, cholesterol and Caesarean section. She's diagnosis by mild knee osteoarthritis by use X-ray show, the pain scale was 8 of 10.

**Objective**

* **Observation:** little swilling in left knee, ADL: pray on chair
* **Palpation:** tight in popliteal region, her muscle power are fail
* **Function:** ROM: she has limited in Knee ROM due to pain

**Assessment**

* **Problem list:**
1. pain
2. swilling
3. tight muscle
4. weak muscle
5. limited ROM

**plane**

* **long term goals:**

Shikah Aldail, a 62 year old is able to walk and increase her ADL without knee pain within 3 months

* **short term goals:**
1. to decrease pain within 5 weeks
2. to reduce swilling within 2 weeks
3. to stretch of tight muscle within 3 weeks
4. to strength of weak muscle so, increase muscle power within 5 weeks
5. to increase ROM within 6 weeks
* **Treatment plane:**
1. IF current and to decrease pain PROM exercise for increase circulation so, reduce swilling
2. stretching exercise for tight muscle
3. strengthening exercise for weak muscle
4. mobilization exercise for increase ROM

**we use IF current with quadripolar electrodes on the both side of left knee for 15 minutes and put hot pack to relief the pain for 15 minutes.**