

RECOVERY MILESTONE CHART

Physical Therapy Progress Tracker

Ref: PT-2024-MOD

Patient Name: _____

Surgery Date: _____

Procedure: _____

Therapist: _____

PHASE	FUNCTIONAL MILESTONES	DONE	DATE ACHIEVED
Phase I (Weeks 1-2)	â€¢ Swelling management & pain control â€¢ Passive Range of Motion (PROM) targets â€¢ Basic muscle activation (Quad sets/Isometrics)		
Phase II (Weeks 3-6)	â€¢ Full Active Range of Motion (AROM) â€¢ Wean off assistive devices (Crutches/Cane) â€¢ Independent sit-to-stand transitions		
Phase III (Weeks 7-12)	â€¢ Symmetrical gait pattern â€¢ Introduction of light resistance training â€¢ Single-leg balance (>15 seconds)		
Phase IV (Month 4+)	â€¢ Sport/Job specific functional tasks â€¢ Dynamic impact/Plyometric initiation â€¢ Return to full unrestricted activity		

Notes & Precautions:

This chart is for tracking purposes only. Consult your medical provider before advancing activity levels.