



# Rancho Los Amigos National Rehabilitation Center PHYSICAL THERAPY DEPARTMENT POLICY AND PROCEDURE

---

## PHYSICAL THERAPY HOME PROGRAM

**Policy No.:** 406  
**Reviewed:** August 2021  
**Supersedes:** August 2018  
**Page:** 1 of 2

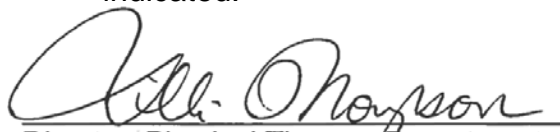
---

**PURPOSE:** To provide the patient/family with written instructions for a home program and to document the program in the medical record.

**POLICY:** Home programs designed by the physical therapist are provided to the patients and their significant others. Customized exercise programs are recorded in the medical record. This documentation provides a basis for continuity of care for the patient on future visits to the outpatient clinic.

**PROCEDURE:** Therapist home program may include:

- A. Patient information.
- B. Instructions for physical therapy home program in simple, easy to understand language and in the language preference of the user whenever possible. If unable to obtain translation of the documents, the patient and/or care provider will be instructed in the critical elements of the home program in their preferred language. The home program reference sheets will be available to the patient or care provider to make notes on.
- C. Sketches or diagrams as needed to help explain program.
- D. Note in P.T. documentation that a "Physical Therapy Home Program" was given to patient and document the patients' preferred method of learning to indicate his/her level and degree of understanding.
- E. Provide a copy for patient, family, or caregiver to take home.
- F. Copy for medical record.
- G. Copy for home health agency, public health nurse, school, etc., as indicated.

  
Director, Physical Therapy Department