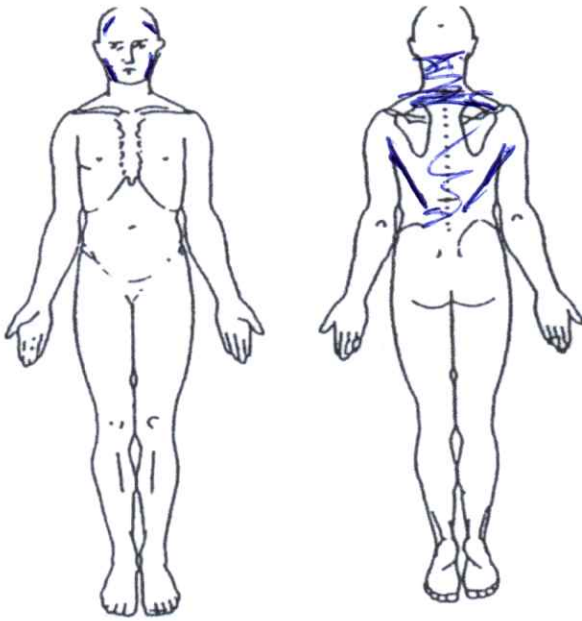


Date 28/11/2022

Initial Consultation Form

Name: Rachel Devine

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

computer all day
more
Lat Dorsi, CO/TX
coming off Antidepressant

Onset - Initial (when/how it first began):

chronic

Now (current presentation):

variable

Other Symptoms:

Type of Pain:

ache

Referral Pain:

none indicate

What aggravates the pain?

sitting

Degree of Pain (0-10):

Irritability Level: Low

Med

High

What Offsets / Alleviates the Pain?

movement

Past Treatments & Results:

none

Special Questions (may also be specific to region):

OBJECTIVE EXAMINATION - Body Type: Hypomobile 0-1 () Average 2-4 () Hypermobile 5-9 ☒

Observation

Posterior view	Anterior view	Lateral view
	<u>scap = 3.5 R</u> <u>4.2</u>	<u>L Plumb</u> <u>K K and G</u> <u>APT = 1.5 ✓</u>

10
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Motion Tests

Active (P1, S1, PB)	Passive [P1, S1, R1]
Resisted	Functional/Special Tests

Palpatory Assessment:

Clinical Impression: stressed → C.L → Relax.

Treatment Effleurage & Petrissage of Tx, Lx, Cx DIP MT, P Lev Scap, Supra Cx Joint Mob NEFT LAT Dorsi, Splen Cerv Splen Cap, Masseter	Reassessment
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Cx Lat Stretch			Bilat hold for 20 sec
Shoulder Rolls		15	Cx circumduction

Postural Improvements:

Treatment Goals / Management Plan: 2 weeks (booked)