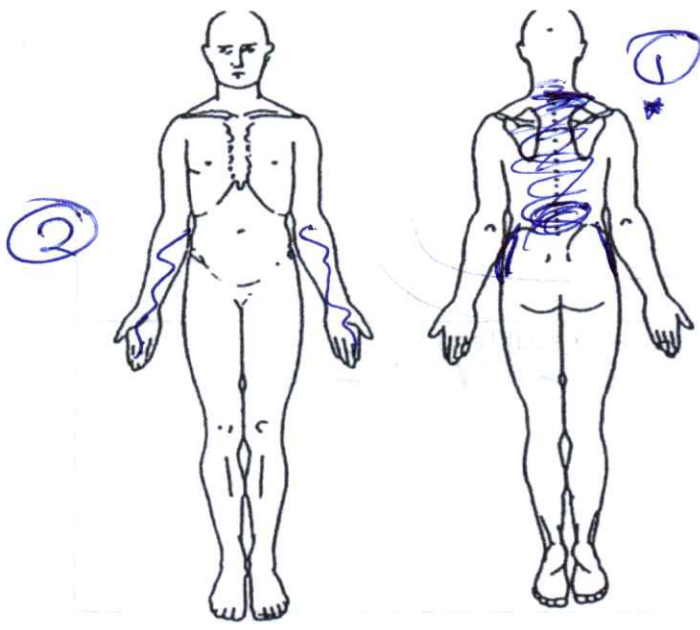


Name: Lugh Svendsen
ex nurse



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: _____

Neck & shoulders
Pins & needles →
Forearms → Hands
High ankles

Mobic - occasionally

Onset - Initial (when/how it first began): ① Acute or Chronic

Now (current presentation): Painful

Other Symptoms: Visual migraine

Type of Pain: ① Acute - "sharp"

Referral Pain: radiating nerve pain to arm

What aggravates the pain? sitting @ computer for too long
gardening

Degree of Pain (0-10): 3 → 6-7 Irritability Level: Low _____ Med _____ High

What Offsets / Alleviates the Pain? anti-inflammatory, painkiller

Past Treatments & Results: Massage ✓

Special Questions (may also be specific to region): wakes at night

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

Observation

Posterior view L Scept Lordis A9a L4 R3.5	Anterior view L CVA S1chis R. ASIS ✓ ex Tilt (L)	Lateral view R L M → Plev ✓ APX 1.5 ✓
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Motion Tests

<p>Active (P1, S1, PB)</p> <p>L Cx Rotn 45° R @ U/T</p> <p>R Cx Rotn 50° S_i @ U/T</p> <p>L Cx Lat 30° S_i @ U/T</p> <p>R Cx Lat 30° S_i @ U/T</p>	<p>Passive (P1, S1, R1)</p>
<p>Resisted</p>	<p>Functional/Special Tests</p> <p>Scap off kcal - 'e</p>

Palpatory Assessment: Teres Minor Hypertonic

Clinical Impression: _____

<p>Treatment</p> <p>METT ESG, U/T, Lev Scap, Splen Cerv, SCM, InRva, Lat Dorsi DIP MTP Splen Cerv, U/T, Lev Scap. Cx Joint Mob</p>	<p>Reassessment</p> <p>L Cx Rotn 45 50° R @ U/T</p> <p>R Cx Rotn 70° S_i @ U/T.</p> <p>L Cx Lat 30° S_i @ U/T</p> <p>R Cx Lat 30° S_i @ U/T</p>
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
_____	_____	_____	<u>Upper limb Stretches</u>
_____	_____	_____	<u>Median Nerve Glides</u>
_____	_____	_____	_____

Postural Improvements: _____

Treatment Goals / Management Plan: Next week (booked) -> arms / hips.