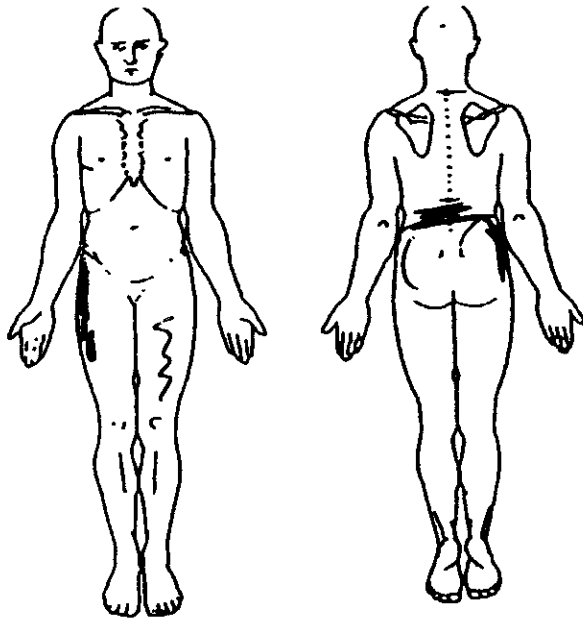


Name: Sam Hudson

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: \_\_\_\_\_

HIPSRec FemGlute MedITBOnset - Initial (when/how it first began): acute on chronicNow (current presentation): fine while sittingOther Symptoms: none indicatedType of Pain: Dull ache (hips) Sharp pull (Glutes)Referral Pain: none indicatedWhat aggravates the pain? sudden movement, foot plantedDegree of Pain (0-10): 5-6 at worst Irritability Level: Low \_\_\_\_\_ Med \_\_\_\_\_ HighWhat Offsets / Alleviates the Pain? Rest / relax / stretchPast Treatments & Results: NoneSpecial Questions (may also be specific to region): stiff in morning, better in evening. Doesn't wake at nightOBJECTIVE EXAMINATION - Body Type: Hypomobile 0-1 ( ) Average 2-4 ( ) ☒ Hypermobile 5-9 ( )

Observation

Posterior view

Sharp  
lordosisPes PlanusAOGLS  
13.5

Anterior view

CVL L ↑ASIS ✓

Lateral view

R Plumb  
L PlumbAPT = 1.506  
02  
201  
1'

# Motion Tests

|                                                                         |                                                                                                         |
|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <p>Active (P1, S1, PB)</p> <p>Lx/Tx Flex - Floor<br/>S. @ Glute Max</p> | <p>Passive (P1, S1, R1)</p> <p>HIP Flex L 110° R (Spring)<br/>R 90° R (Spring)</p>                      |
| <p>Resisted</p> <p>HIP ABD L<br/>(Bent knee (sutorium)) ✓✓</p>          | <p>Functional/Special Tests</p> <p>Trendelenberg - R +ve<br/>L -ve</p> <p>SLR L 90° PB<br/>R 90° PB</p> |

Palpatory Assessment:

Clinical Impression: \_\_\_\_\_

|                                                                                                                                                    |                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <p>Treatment</p> <p>MFR - ilio costalis, longissimus<br/>Glute Med, Glute Max, QL<br/>DIP MTP - Glute Med, Glute<br/>Max, Piriformis, Quad Fem</p> | <p>Reassessment</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|

## Corrective Exercises

| Exercise | Sets  | Reps  | Other Advice                  |
|----------|-------|-------|-------------------------------|
| _____    | _____ | _____ | Existing exercises from Clare |
| _____    | _____ | _____ | _____                         |
| _____    | _____ | _____ | _____                         |

Postural Improvements: \_\_\_\_\_

Treatment Goals / Management Plan: Report to Clare → ext hip rotators.  
Seeing Clare on 5/12/22