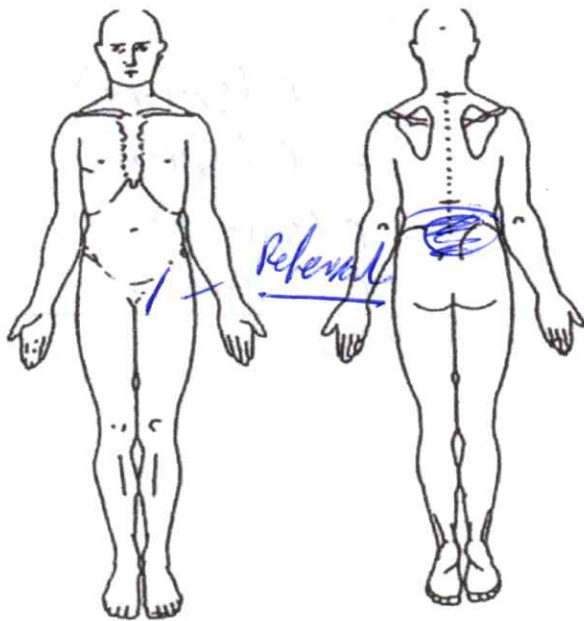


Name: JASON HULL



Indicate site of pain and referral area

Site of restriction

Location of pain/restriction/other: _____

Radial Nerve
L5 - issues adductors
SIF S1J
Referral → Inguinal
Ultra runner 2006 →
Sealed & due to pain

Current distance 16-17 km
Step 1/2 marathon 26/8.

Onset - Initial (when/how it first began): Acute on chronic (2019 diagnosed)

Now (current presentation): 8 last night → 4 now
discomfort

Other Symptoms: Sore in glute

Type of Pain: discomfort

Referral Pain: none indicated

What aggravates the pain? ~~nothing~~ nothing specific

Degree of Pain (0-10): 4-8 Irritability Level: Low _____ Med _____ High

What Offsets / Alleviates the Pain? nothing

Past Treatments & Results: Physio, Myotherapy, Bowen

Special Questions (may also be specific to region): worse in evening

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

Observation

Posterior view ASIS ✓ PSIS ✓ Pubic Upslip @	Anterior view ASIS ✓ ASIS L ↑ L shld: 1h	Lateral view Plumb ✓ L ✓ R ✓ APF 2.0
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Motion Tests

<p>Active (P1, S1, PB) Lx Flex 2cm ↑ ankle S. @ TLK</p>	<p>Passive [P1, S1, R1] LR L 70 R (Spring) R 60 R (Spring) Hip Flex L 120 R (Spring) R 120 R (Spring) Hip ABD L 60 R (Spring) R 60 R (Spring)</p>
<p>Resisted</p>	<p>Functional/Special Tests Gaesbans L - 100 R - 100</p>

Palpatory Assessment:

Clinical Impression: _____

<p>Treatment MFTT QL, iliocostalis Glute Med, Glute Max, Reclen adductor longus, gracilis pectineus P&S Reclen</p>	<p>Reassessment Lx Flex Ankle S. @ TLK Hip Flex L 125 R (Spring) R 125 R (Spring) Hip ABD L 70 R (Spring) R 70 R (Spring)</p>
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Serratus	1	3	Slow run - warm up
Piriformis	1	3	1-1.5 slower

Postural Improvements: _____

Treatment Goals / Management Plan: as needed