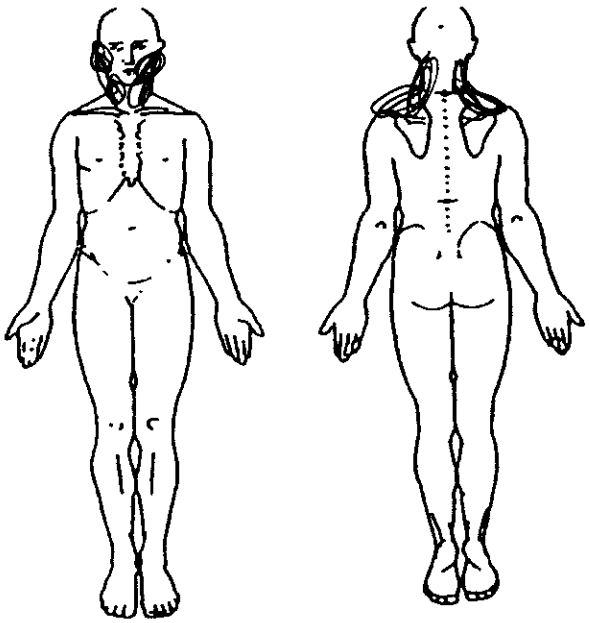
TARRENGOWER REMEDIAL MASSAGE

Date 11/10/2023

Initial Consultation Form

Name: Allie Collier



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

- Suspected TMJD
- Tight neck and shoulders - particularly (L)

Onset - Initial *(when/how it first began)*: Shoulder - chronic; TMJD - 2/7.

Now *(current presentation)*: Sore jaw & Neck

Other Symptoms: none indicated.

Type of Pain: Numb in jaw, Tight in neck & shoulders

Referral Pain: none indicated

What aggravates the pain? nothing specific

Degree of Pain (0-10): 7 Irritability Level: Low (Med) High

What Offsets / Alleviates the Pain? painkillers

Past Treatments & Results: none.

Special Questions *(may also be specific to region)*: last IBUPROFEN 5 hrs ago.

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

Observation

Posterior view	Anterior view	Lateral view

Motion Tests

Active *(P1, S1, PB)*	Passive *[P1, S1, R1)*
Cx Rotn L 45° P, @ lev Scap R 70° S, @ Cx Latflex L 30° P, @ TMJ R 30° S, @ U/T Cx Flex 2 Fingers Cx Ext 20° P, @ (L) U/T	
~~Resisted~~ 3 Finger Test = 2 Fingers	Functional/Special Tests Scap offload L +'ve R +'ve

Palpatory Assessment:

Clinical Impression: _____

Treatment	Reassessment
MFTT - Masseter, Temporalis, SCM, Scalenes, U/T, Lev Scap Splencap; Splen cerv DP MTP - Masseter, U/T, Lev Scap	

Corrective Exercises

Exercise	Sets	Reps	Other Advice
Cx Stretch	2	2	Daily
Lev Scap Stretch	2	2	Daily

Postural Improvements: _____

Treatment Goals / Management Plan: as needed.