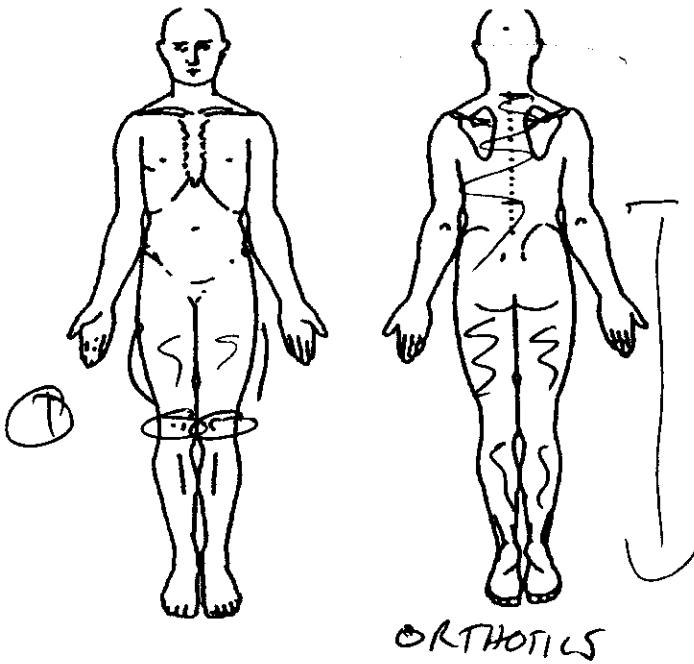


Date 8/10/22

Initial Consultation Form

Name: BRONWYN
CURRIE



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

Knee pain - sitting for
long periods -
BANDS
IT BANDS

Onset - Initial (when/how it first began): 5/12

Now (current presentation): Sore - medial

Other Symptoms:

Type of Pain: Sore but not painful

Referral Pain: None indicated

What aggravates the pain? too much movement - golf, downstairs /
downhill worse.

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

What Offsets / Alleviates the Pain? Rest, painkillers

Past Treatments & Results: none

Special Questions (may also be specific to region): penicillin this morning

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

Observation

Posterior view R SCAP PSIS ✓ LORDOSIS.	DES PLAINES AOA ≈ 3.5	Anterior view SLD Post. PER ✓ CLVCLV CO TILT R ASIS ✓	Lateral view SUDUS → Slight
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Motion Tests

Active (P1, S1, PB)	Passive [P1, S1, R1] HIP FLEX L 100° R (Spring) R 110° R (Spring)
Resisted	Functional/Special Tests Knee to wall - L 6 R 4 - SLR. L 85° R 85° R (Spring)

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT Rec Fem, Vas lat, Vas Med ilio costalis, Glute Med, H/S, Calves DIP MTP Glute Med	Reassessment Knee to wall L6 R6, HIP FLEX 120° 120°
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
calc Raises	1	2	
Clam shells	1	2	

Postural Improvements: _____

Treatment Goals / Management Plan: Shoulders/neck 2 weeks (booked)
(ITB if time permits)