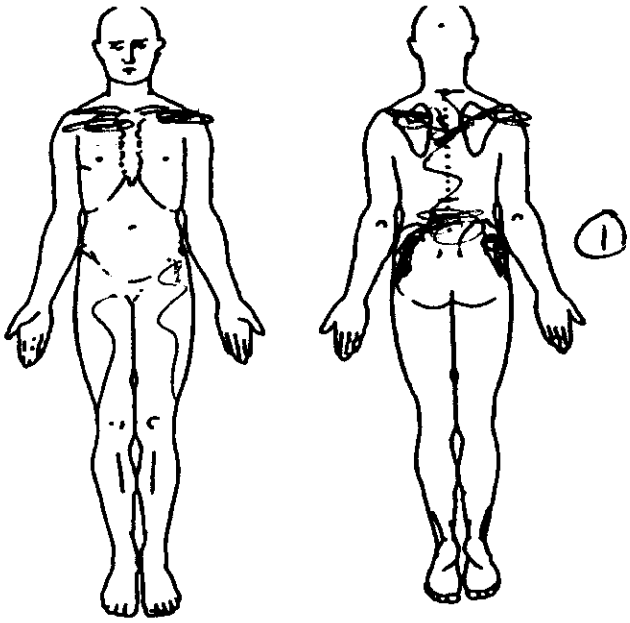
TARRENGOWER REMEDIAL MASSAGE

Date 20 / 2 / 2023
Initial Consultation Form



Name: Brendan McDougall

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:
Psoas / Glute Med. Piriformis
Stride Shorter when running. ↑ 10K

Onset - Initial *(when/how it first began)*: chronic (acute on chronic)

Now *(current presentation)*: tight

Other Symptoms: LBP

Type of Pain: ↑ soreness

Referral Pain: nerve medicated

What aggravates the pain? not warming up

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

What Offsets / Alleviates the Pain? Stretches, spiky Ball, Self massage

Past Treatments & Results: Physio ✓

Special Questions *(may also be specific to region)*: occasionally woken @ night morning worse

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

Observation

Posterior view AOG 4° B/L	Anterior view SWCHS	Lateral view Plumb ✓ ✓
PSIS ✓ Lordosis	CLCL ✓ Shoulders IR ASIS ✓	PPT = 1.5

Motion Tests

Active *(P1, S1, PB)*	Passive *[P1, S1, R1]*
Lx flex 5cm ↑ knee S. @ H/S	HIP Flex L90° R. (Spring) R90° R. (Spring)
Resisted	**Functional/Special Tests**
	SLR R 40° S. @ H/S L 40° S. @ H/S

Palpatory Assessment: Rec Fem Hypertonic

Clinical Impression: _____

Treatment	Reassessment
MFT Rec Fem, H/S, gastroc soleus, iliacus. DIP MT/P iliacus. Rec fem P&S Rec Fem	SLR L 60° S. @ H/S R 70° S. @ H/S HIP Flex L 110° R. (Spring) R 110° R. (Spring)

Corrective Exercises

Exercise	Sets	Reps	Other Advice
Hip Flexor	1	2	Hold for 20 sec

Postural Improvements: _____

Treatment Goals / Management Plan: Call when needed

→ Upper Body Work Still required