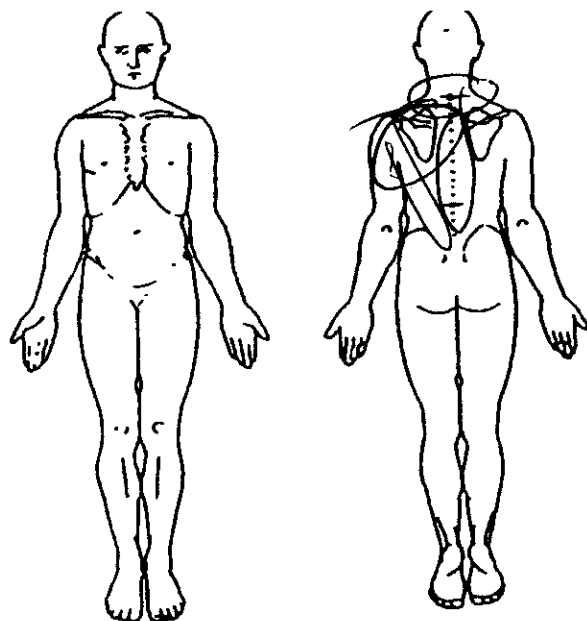


Date 9/10/23

Initial Consultation Form

Name: ROZ MONK

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: _____

ShoulderSubscapularisTx Rtn impacted- Moves location from under arm to mid TxOnset - Initial (when/how it first began): 6/12 agoNow (current presentation): Restricting movementOther Symptoms: Headaches -- not bad.Type of Pain: Sharp -> Dull acheReferral Pain: None indicatedWhat aggravates the pain? Digging, *gardening, hedge trimmingDegree of Pain (0-10): 7 Irritability Level: Low Med HighWhat Offsets / Alleviates the Pain? occasional painkillerPast Treatments & Results: NoneSpecial Questions (may also be specific to region): when at worst, painful to sleep.OBJECTIVE EXAMINATION - Body Type: Hypomobile 0-1 () Average 2-4 () Hypermobile 5-9 ☒

Observation

Posterior view <u>R SCAP</u> <u>Lordosis</u> <u>winged Scaps</u>	<u>AOGL 1</u> <u>L 2</u>	Anterior view <u>CLVL ✓</u> <u>Slight shldr. IR</u>	Lateral view <u>thumb R</u> <u>ACL →</u> <u>L ACL →</u> <u>base</u> <u>Protracted Shldr's R/L</u>
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APT 1.5

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Motion Tests

Active (P1, S1, PB) Cx Rotn L 45° P. @ U/T R 300 P. @ U/T Cx lat Flex L 40° P. @ U/T R 40° P. @ PB Shldr/abd L 180° PB R 180° PB	Passive (P1, S1, R1)
Resisted Shldr EP L V x 2 R ✓ Shldr IR L x, x R ✓	Functional/Special Tests Scap off load + 'or Bilat.

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT - iliocostalis, longissimus semi spinalis, Lev Scap, U/T splen cap, splen cerv. Post. Scalene lat. dorsi D.P. mtr P. Lev Scap U/T. Cx Joint Mds	Reassessment Cx Rotn L 60° PB R 45° P. @ U/T
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Cx Stretch	1	1	
Rec May	1	1	Increase with increased movement
Lat Dorsi	1	1	Daily

Postural Improvements: _____

Treatment Goals / Management Plan: _____