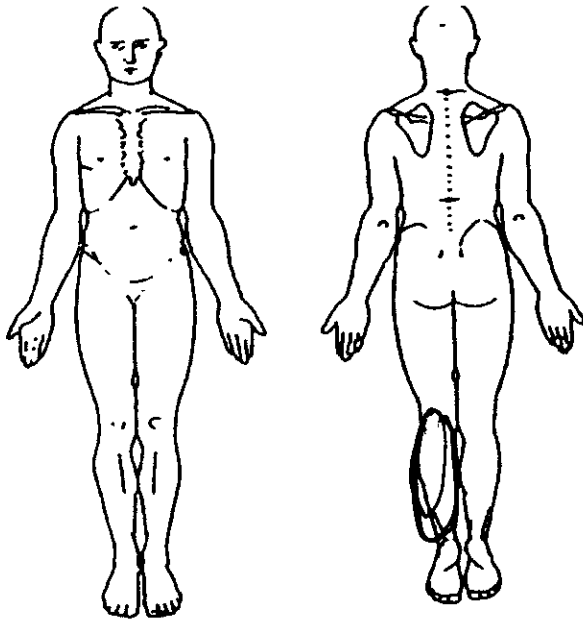


Name: James Robertson



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: _____

④ calf/achilles.
Gastroc? Soleus?
Tib Post?

Onset - Initial (when/how it first began): 4 1/2 ago

Now (current presentation): Very Tight, Tender achilles

Other Symptoms: tight Plantar fascia? Achilles tender to touch

Type of Pain: tightness

Referral Pain: none indicated

What aggravates the pain? A lot of walking, Driving

Degree of Pain (0-10): 3-4. Irritability Level: Low Med High

What Offsets / Alleviates the Pain? Rest

Past Treatments & Results: none

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

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

Observation

Posterior view R SCAP 7 PSIS R ↓	AOGL 4 R 3.5	Anterior view Shdks 1A Oval ✓ ASIS R ↓	Lateral view Plumb L ACR → APT 1-0
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Motion Tests

Active (P1, S1, PB) L₆ Flex Mid Shin S₁ @ Calf Knee → Wall R 3-5_{in} L 2-5_{in} Dorsi Flex L/ R Plantar Flex L/ R	Passive (P1, S1, R1)
Resisted	Functional/Special Tests Ⓢ Pelvic UPSLs

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT: Biceps Fem, Semi Mem. Semi Tend, Gastroc, Soleus, Peroneals, Tib post Stripping: Gastroc, Soleus, Tib post.	Reassessment knee to wall L 3-75 Dorsi Plantar
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Calf Stretches			Daily

Postural Improvements: _____

Treatment Goals / Management Plan: 2 weeks (booked)

- NOTE: Shoulder Ⓢ Needs attention