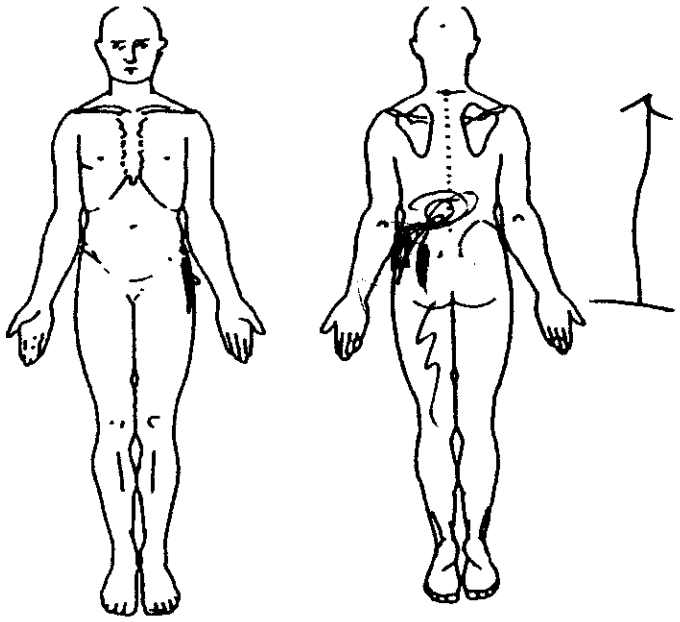
TARRENGOWER REMEDIAL MASSAGE

Date 8/11/22
Initial Consultation Form



Name: Lourelye Withers

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

Piriformis
Glute Med
TLF
SIJ.

Onset - Initial *(when/how it first began)*: making bed - Kneel to Stand = OUCH
Now *(current presentation)*: achy 4-5/10

Other Symptoms: initially - Sit → stand
Type of Pain: ache
Referral Pain: Back of leg
What aggravates the pain? sitting

Degree of Pain (0-10): 9 Irritability Level: Low ____ (Med) ____ High
What Offsets / Alleviates the Pain? voltaren (last taken this morning)

Past Treatments & Results: Physio - Lachlan - Bourgeouses Sp ~~treating~~ currently treating for SIJ Dysfunction

Special Questions *(may also be specific to region)*: No worse at night → bad all the time

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

Observation

Posterior view	Anterior view	Lateral view
Scaps ✓ PSIS R↑ ROG = R=4 L=3½	ASIS R↑	Plumb K ✓ L Knee ←

Motion Tests

Active *(P1, S1, PB)*	Passive *(P1, S1, R1)*
Lx Flex, Knee, S, @ (L) Glute Med Lx Lat Flex R Knee S, @ (L) " L Isn't Knee P, @ Glute Med	
Resisted	**Functional/Special Tests**
	Trendelenberg L - Rt

Palpatory Assessment:

Clinical Impression: _____

Treatment	Reassessment
MFTT Ilio Costalis, Longissimus Lat Dorsi, QL, Glute Med Glute Max D.P Mi, P Glute Med, Glute Max	Lx /Tx Flex Knee S, @ (L) Glute Med Lx/Tx Lat Flex R Knee S, @ (L) Glute Med L P, @ "

Corrective Exercises

Exercise	Sets	Reps	Other Advice
			Continue with exercises
			from Physio.

Postural Improvements: _____

Treatment Goals / Management Plan: _____