

Physiotherapy Treatment Plan

Customer Name: Jefferies, Debra-Jane (Debbie)

Date of treatment: 2024-07-24

Date of Birth 1969-02-07

Centre: Norwood

Physiotherapist: Endean, Kieran (NWD)

Referrer Dr Carolyn Harris

Goals

1. Maintain a gym program whilst undergoing L) shoulder rehab
2. Be ready with proper competition prep to compete in ~18 months without needed to chance set up technique (wide/false grip etc)
3. Continue treatment and training at local gym with local providers with oversight of programming by Kieser physio

Preliminary Diagnosis

1. L) Acromioclavicular pain
2. L) Sub acromial pain syndrome (secondary)

Treatment Plan

Service Description: Physiotherapy inclusive of manual therapy (soft tissue, joint mobilisation, dry needling etc.), shoulder rehab exercise prescription, powerlifting programming oversight with modification, and communication with other coaches and allied health practitioners

Number of treatment sessions & period 7 sessions over 22 weeks

Prevention Program: Please avoid all axial loaded squats (belt squat ok) and all pressing other than swiss bar bench press until cleared by physio

Home Exercises: To be discussed during next appointment

Physiotherapist: Kieran Endean

Disclaimer: The above treatment plan is based on our thorough assessment and knowledge of tissue healing. The timeframe and number of sessions is an estimate only and is provided as a guideline. While undergoing treatment it is recommended that you follow the advice and treatment plan as prescribed by your physiotherapists.

KIESER

Disclaimer: The above treatment plan is based on our thorough assessment and knowledge of tissue healing. The timeframe and number of sessions is an estimate only and is provided as a guideline. While undergoing treatment it is recommended that you follow the advice and treatment plan as prescribed by your physiotherapists.

KIESER

The logo for KIESER, featuring the word "KIESER" in a bold, black, sans-serif font. Below the text is a solid blue horizontal bar.