

Condition Assessment

Client Name: Anne O'Connell

Date: 19/10/22

Reason for visit/Update:

2 x hip replacements
Fractured ankle previously, has plates – R – some discomfort too sometimes.

Shoulders, interscap, L shoulder, neck

Lower back pain also – both sides, some sciatica – sharp and acute sometimes, otherwise dull and nagging.

Client was 20 mins late, went to BSC, didn't check email for address so time was reduced. Gave her 15 mins extra.

Location:	L deltoid, biceps triceps
Onset: (How)	Earlier this year
Duration: (Constant vs fluctuating)	
Quality:	Tight, restricted
Severity: (1-10 / sleep)	Yes, painful to lie on.

Official diagnosis, scan or report: **Yes/No** Doctor and physio = rotator cuff injury

Radiating pain: **Yes/No**

Pain relief or relevant medication: **Yes/No** Anti-inflammatories

Current exercises/sports/activities: **Yes/No** Physio, 'sometimes helps, sometimes not'

Contraindications: **Yes/No**

Physical Assessment Performed and Results:

L Shoulder ROM:
flexion, painful at 90 degrees, front upper arm, arm move out toward 45 degrees when lifted higher. ROM = 70%
abduction – tight, restricted at 90 degrees, and above 90 degrees ROM = 90%
Empty can test negative, no impingement.

Post Treatment:
Flexion ROM is the same but less pain, greater freedom of movement, less deviation to side.
Abduction: ROM is same, still pain at 90

Suspected Condition/Presentation:

Treatment Plan

Consent Provided: Yes / No
Prone: upper back, interscap, shoulders (emph L) and neck
Applied Fisio cream

Treatment Observations

TPs referring R neck
R distal levator very painful
L anterior upper trap painful.
Both infraspinatus, biceps and triceps painful
Client reported less pain on R but still very sore.

Follow Up and Advice

Appointment booked in 3 weeks.
Heat pack tonight if tender and hydrate.

Practitioner: Sarah Davis