

Condition Assessment

Client Name: Anne O'Connell

Date: 9/11/22

Reason for visit/Update:

3 week follow up
Felt much improved in the shoulders after last time. Has since travelled to Sydney and lived life and is now sore again, this time both shoulders, but L worse.
Also some sciatic pain on L side.

Location:	
Onset: (How)	
Duration: (Constant vs fluctuating)	
Quality:	
Severity: (1-10 / sleep)	

Official diagnosis, scan or report: Yes/No

Radiating pain: Yes/No

Pain relief or relevant medication: Yes/No

Current exercises/sports/activities: Yes/No

Contraindications: Yes/No

Physical Assessment Performed and Results:

Post Treatment:

Suspected Condition/Presentation:

Treatment Plan

Consent Provided: Yes / No
Supine: Chest, L arm and neck
Prone: buttocks through towel and with oil, lower back and shoulders

Treatment Observations

Piriformis very tight and tender
Avoid tenderness in front of R shoulder under scar where she has metal.

Follow Up and Advice

Seated piriformis stretch
Client said she irregularly did yoga for seniors with Adrian and thinks she should do it more.
Advised about my Thursday class, she may be interested.

Practitioner: Sarah Davis