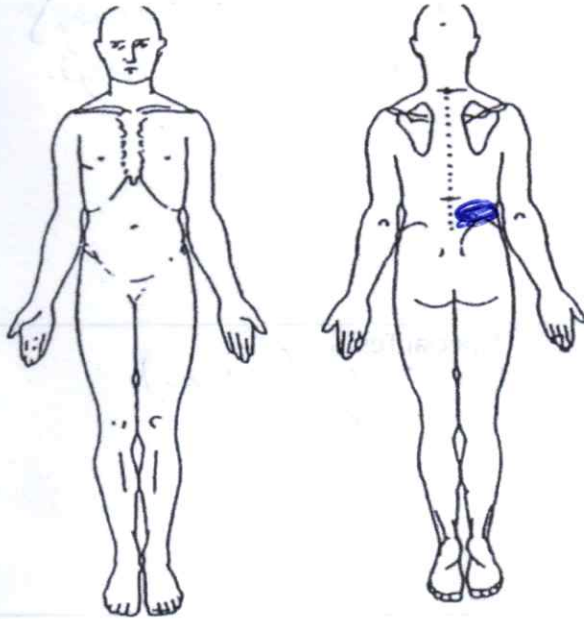


Name: Jan Hull



Indicate site of pain and referral area

Site of restriction

Location of pain/restriction/other:

R LB. QL? SLD?
History of LBP
→ has been ok for
2-3 years

Onset - Initial (when/how it first began): 3/7 ago - tightness

Now (current presentation): loosened a bit 2-3 / 10 niggle

Other Symptoms: None indicated

Type of Pain: niggle

Referral Pain: None indicated

What aggravates the pain? Bending (Flexing) . Single hand
load

Degree of Pain (0-10): 2-3 Irritability Level: Low Med High

What Offsets / Alleviates the Pain? stretch

Past Treatments & Results: chiro, Myotherapy

Special Questions (may also be specific to region): no difference b/w arm (Pn).

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

Observation

Posterior view R scap ✓ L scap ✓ PSIS L ✓	Anterior view SHOULDS 1R D/L CERV L ✓ ASIS R ✓	Lateral view PLUMB L ✓ ART L 1.5 R 1.5 R ✓
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71
20
01
0
11

Motion Tests

Active (P1, S1, PB) Lx Flex 2cm ↑ Knee S. @ TLF? QL? Ⓚ	Passive (P1, S1, R1) HUP ext L 110 R (spring) R 110 R (spring).
Resisted	Functional/Special Tests SLK L 90° R (spring) R 90° R (spring)

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT QL, iliocostalis, glute med, Lat Dorsi, TLF. DIP m T, P QL.	Reassessment Lx Flex 2cm ↑ ankle S. @ Distal H/S.
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Supine Glute	1	2	
QL	1	2	

Postural Improvements: _____

Treatment Goals / Management Plan: call when needed