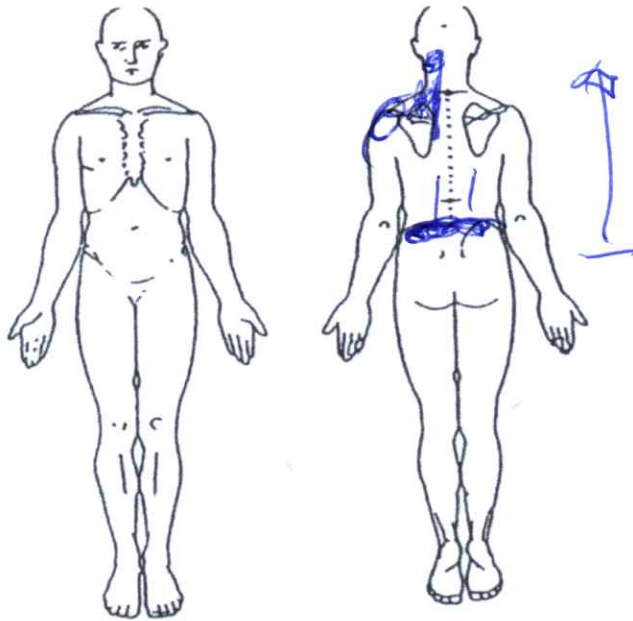


Name: Alexandra Fodorowicz

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

Calf 2x week (18h hrs)
→ sore next dayLBD - @ Shoulder
①Onset - Initial (when/how it first began): Acute or ChronicNow (current presentation): SoreOther Symptoms: None Indicated

Type of Pain: _____

Referral Pain: None IndicatedWhat aggravates the pain? GardeningDegree of Pain (0-10): _____ Irritability Level: Low _____ Med _____ HighWhat Offsets / Alleviates the Pain? Walking, YogaPast Treatments & Results: Physio, chiro,Special Questions (may also be specific to region): Nake @ night ✓ Rolling over**OBJECTIVE EXAMINATION** - Body Type: Hypomobile 0-1 () Average 2-4 (✓) Hypermobile 5-9 ()**Observation**

Posterior view

Slight scoliosis (+x)
Pes Planus

Anterior view

CLC ✓
Cx SIPO
Cx Rotat

Lateral view

@ Pumb GT → RPI = 5
RLC ✓
① 1.5
@ Pumb LMC

Motion Tests

Active (P1, S1, PB) L Flex Mid Shin S. @ QL. Cx Rotn R = 80° P. @ U/T L = 60° PB	Passive (P1, S1, R1) Hip Flex L 125° R (Sprung) R 125° R (Sprung)
Resisted	Functional/Special Tests SLR L 20° R 30° Scap offload = 1.5 (D) 1.0 (D)

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT: ilio costalis, longissimus, Semi spinatus, U/T, lev Scap Sealers, Splen. Cap, Cilutomed, Glute Max, QL OIP MTP, - U/T, lev Scap, Cilute med, glute max Cx Joint mob	Reassessment Cx Rotn L 90° PB R 90° PB
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Piriformis	2	2	
glute	2	2	
TFL	2	2	

Postural Improvements: _____

Treatment Goals / Management Plan: 2 weeks - 2 HIPS!