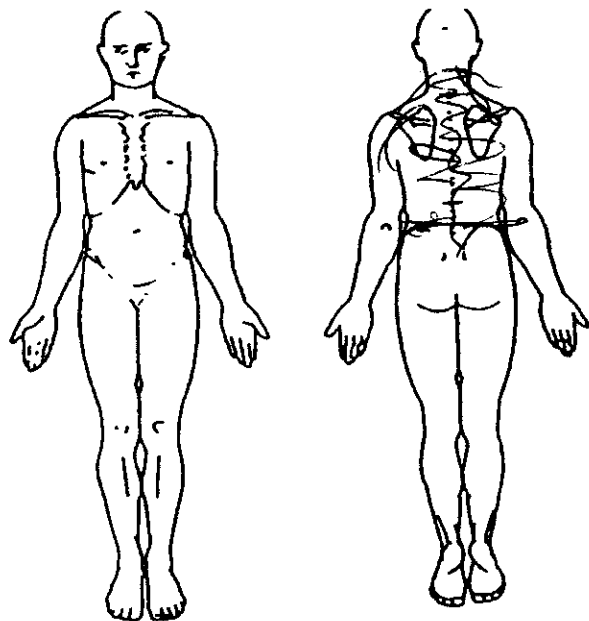


Date 2/10/23

Initial Consultation Form

Name: Stephen Gardner

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other:

Neck / Shoulders / backOnset - Initial (when/how it first began): 12 monthsNow (current presentation): AnnoyingOther Symptoms: None indicatedType of Pain: annoying / occasionally achyReferral Pain: None indicatedWhat aggravates the pain? Sitting on couchDegree of Pain (0-10): 4Irritability Level: Low Med HighWhat Offsets / Alleviates the Pain? StretchingPast Treatments & Results: Chiro - good afterSpecial Questions (may also be specific to region): worse after working all day.

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

Observation

Posterior view R3 Cerv P2 > V Pelvic upslip (⊗)	Anterior view C6 Tilt (⊗) AOC = 5A 3-5L CLVEL RT	Lateral view FHC = 1.0 P1000 ✓ BPT = 1.0 IR Shoulder
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Motion Tests

Active (P1, S1, PB) Lx Stretch 2cm ↑ ankle Si @ H/S Cx Rotn L 60° Si @ Lev Scap R 50° Si @ Lev Scap Cx lat tilt L 45° Si @ J/T R 30° Si @ J/T Shldr Abt L 180° PB R 180° Si @ TLE/QL	Passive (P1, S1, R1)
Resisted	Functional/Special Tests

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT - ilio costalis, longissimus ULT, Semispinalis, lev scap, Splen cerv, Splen. cap. Lx Joint Mob	Reassessment Cx Rotn L 80° R 70° Cx lat tilt R 40° Si @ J/T
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Cx Stretch	1		During the day @ Dog h
Lev Scap Stretch			

Postural Improvements: _____

Treatment Goals / Management Plan: 2 weeks (booked)