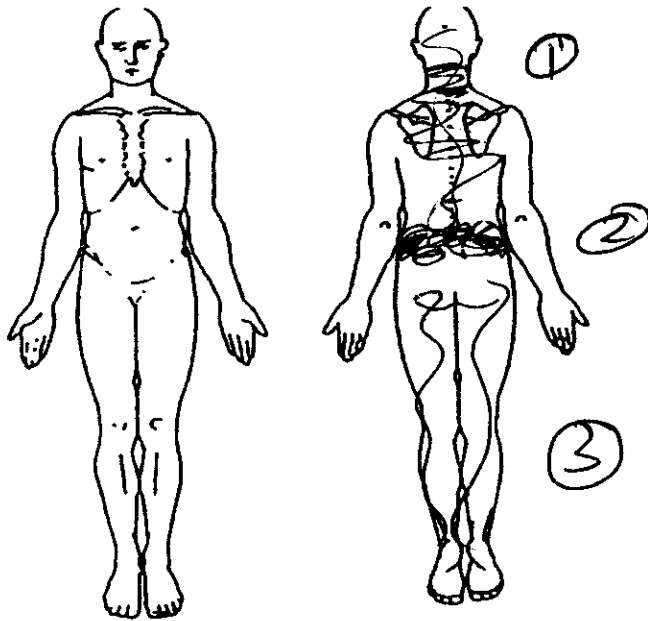


Date 4/3/2023

Initial Consultation Form

Name: SONIA GIBSON

Indicate site of pain and referral area

Site of restriction

Location of pain/restriction/other: _____

LX BILAT→ HeadachesPosterior Chainilio psoas ? QL ?Onset - Initial (when/how it first began): PAIN - Acute on ChronicNow (current presentation): PAINFUL 7/10

Other Symptoms: _____

Type of Pain: ① Ache up neckReferral Pain: ① HeadacheWhat aggravates the pain? Sitting, Whipper SnapperDegree of Pain (0-10): 7/10

Irritability Level: Low _____

Med _____

HighWhat Offsets / Alleviates the Pain? ② Heat ① ③ StretchPast Treatments & Results: Massage - successfulSpecial Questions (may also be specific to region): not waking degenerative during day.

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

Observation

Posterior view
 ↳ SCAP ↑
 PSIS ↓

AOR L2
 *3.5

Anterior view
 AVEL R ↑
 ASIS ↓

Lateral view
 ← 9T →
 L LME

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 .1

Motion Tests

Active (P1, S1, PB) Lx Flex - 1cm ↑ ankle S.@ gastroc	Passive (P1, S1, R1) HIP Flex R 110° R.(Spring) Ext 115° R.(Spring)
Resisted	Functional/Special Tests

Palpatory Assessment:

Clinical Impression: _____

Treatment MFR - ilio costalis, longissimus, U/T, lev Scap, infraspinatus, supra spinatus, H/S, gastroc, Glute Med, Gl, Glute Med, DLP MFR infra, teres Men, Glute Med, Glute man, piriformis	Reassessment Lx flex floor S.@ H/Ls. HIP Flex R 115° R.(Spring) Hip Ext L 120° R.(Spring)
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Piriformis Stretch			
supine glute stretch			

Postural Improvements: _____

Treatment Goals / Management Plan: Book when needed (postural).