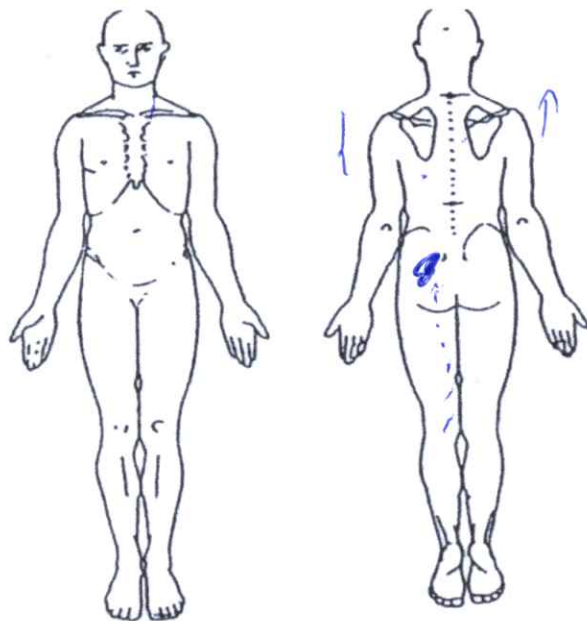


Name: 42 GORDON

Indicate site of pain and referral area

Site of restriction

Location of pain/restriction/other: _____

④ Glute
 ④ Hip Replacement
 referral post. leg
 - Just driven back
 Prone Berdigo
 → Driving hurts

Onset - Initial (when/how it first began): ChronicNow (current presentation): achy -Other Symptoms: None indicatedType of Pain: AcheReferral Pain: Back of legWhat aggravates the pain? sitting & drivingDegree of Pain (0-10): 6+

Irritability Level: Low _____ Med _____

HighWhat Offsets / Alleviates the Pain? Blocks outPast Treatments & Results: Remedial massage - ✓Special Questions (may also be specific to region): sometimes wakes at night

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

Observation

Posterior view RSCAP ↑ LSCAP ↓ PS ↓ SCOLIOSIS AOA L3-5 R3-5 Res planus	Anterior view RCLVA ↓ GULVA ✓ ASIS ↓	Lateral view L GT → APS - 1.5 B12 RGT →
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Motion Tests

Active (P1, S1, PB) Lx Flex Floor PB.	Passive (P1, S1, R1) HIP Flex L 85° HIP IR R 1250 cc (Sprung)
Resisted	Functional/Special Tests SLR L 90° PB (K/Sprung) R 90° PB R (Sprung)

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT: Ilio costalis, QL, Glute Med, Glute Max, DIP HIP: QL, Glute Med, Glute Max, Piriformis	Reassessment PSIS - level HIP Flex L 85° - No HIP IR.
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Piriformis	1	2	} Daily
Glute Bridge	1	2	

Postural Improvements: _____

Treatment Goals / Management Plan: as needed.