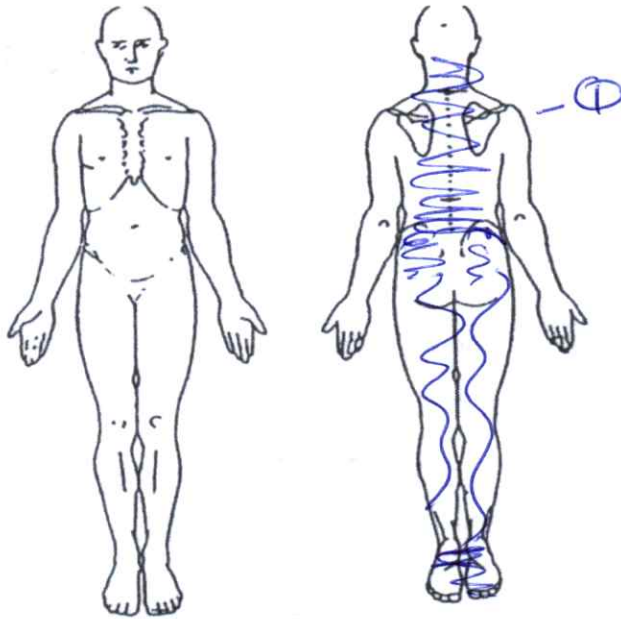


Name: Brianna
McKnight

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: _____

Posterior chainPlantar FascitisOnset - Initial (when/how it first began): Chronic (acute on chronic)Now (current presentation): Tight / ThrobbingOther Symptoms: None IndicatedType of Pain: Tightness / ThrobbingReferral Pain: None indicatedWhat aggravates the pain? Stress, lack of sleep.Degree of Pain (0-10): 5 Irritability Level: Low _____ Med _____ HighWhat Offsets / Alleviates the Pain? MassagePast Treatments & Results: MassageSpecial Questions (may also be specific to region): Worse in evening (after work)**OBJECTIVE EXAMINATION** - Body Type: Hypomobile 0-1 () Average 2-4 (✓) Hypermobile 5-9 ()**Observation**

Posterior view <u>Left Scap</u> <u>ADG</u> <u>L 2</u> <u>R 35</u> <u>Back</u>	Anterior view <u>Cx for</u> <u>CDCLV</u> <u>SHOLVS Int rot</u> <u>ASIS RV</u>	Lateral view <u>Phumb</u> <u>APT = 0.5</u>
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10
10
11
0

Motion Tests

Active (P1, S1, PB) Lx Flex - ankle S₁ @ H/S. Cx Rotn L 60° P₁ @ Lev Scap R 80° S₁ @ U/T Cx Rot Flex R L 40° S₁ @ U/T R 400 S₁ @ Post Scale	Passive (P1, S1, R1) Hip Flex R 125° R₁ (Spring) L 125° R₁ (Spring)
Resisted	Functional/Special Tests Scap off load - 1e SLR L 80° R (Spring) R 85° R (Spring).

Palpatory Assessment:

Clinical Impression: Hyperlombically due to long stressful hours @ work as youth worker

Treatment MFTT Ilio costalis, longissimus Semi Spinalis, Lev Scap, U/T DIP MTRP - Lev Scap, Supra, Teres Minor MFTT Glute Med, Glute Max, IliS Gastroc, Soleus, Plantar Fascia PFS P.iformis	Reassessment Tx/Lx Flex Scap and ankle
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Cx Stretch	Palat	Hold	For 20 Sec.

Postural Improvements:

Treatment Goals / Management Plan: Next week (booked)