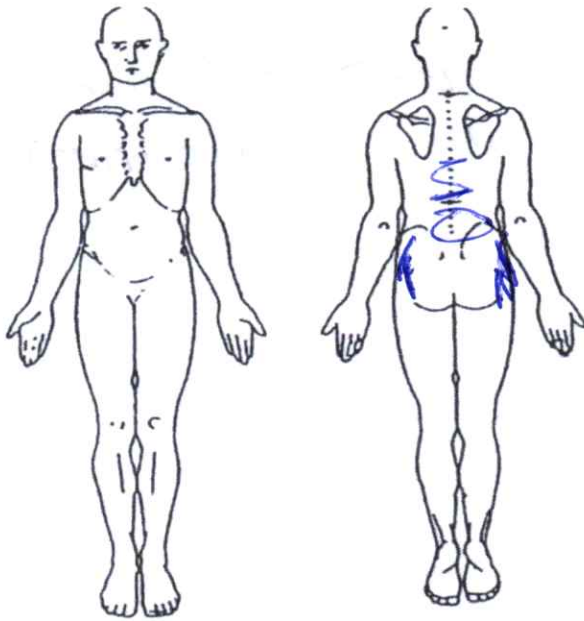


Name: Ewan Withers

Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: _____

L5/S1 protrusionDiagnosed bulged
L5.Onset - Initial (when/how it first began): Gym - weights (2008) - L5/S1.Now (current presentation): guarding - expecting something to happen
2 → 8 ⇒ Voltaren, Chronic

Other Symptoms: _____

Type of Pain: Dull acheReferral Pain: mid backWhat aggravates the pain? gardening, over reachingDegree of Pain (0-10): 2-8

Irritability Level: Low _____

Med _____

High (circled)

What Offsets / Alleviates the Pain? _____

VoltarenPast Treatments & Results: chiro / physio / chinese medicineSpecial Questions (may also be specific to region): Worse @ night. Doesn't -**OBJECTIVE EXAMINATION** - Body Type: Hypomobile 0-1 () Average 2-4 (☒) Hypermobile 5-9 ()**Observation**

Posterior view R Scap ↓ L Scap ↓ Pos Planus R OA = 3.5 L OA = 4.5	Anterior view Slight Int rot R Slight ↓ ASIS ↓	Lateral view Plan L FHC = 1.5 LK = 1.0 APT = 1.1 R Planus FHC
--	---	--

11
00
00
0

Motion Tests

Active (P1, S1, PB)	← Lx Flex 5cm ↓ knee S, Distal SLR L 45° R. (spring) Lt/S. R R. (spring)
Resisted	Functional/Special Tests Gaeslen's Test L ✓ R ✓

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT: Ilio costalis, longissimus semi squaratus, lat Dorsi, TLF, Glute Med, Glute Max, H/S, CAMROT	Reassessment PSIS level Lx Flex 5cm ↑ knee S. @ TLF.
---	--

Corrective Exercises

Exercise	Sets	Reps	Other Advice
Glute Stretch	1	20 x each side	Both , each side, then Both.
_____	_____	_____	_____
_____	_____	_____	_____

Postural Improvements: _____

Treatment Goals / Management Plan: 3 weeks - piriformis