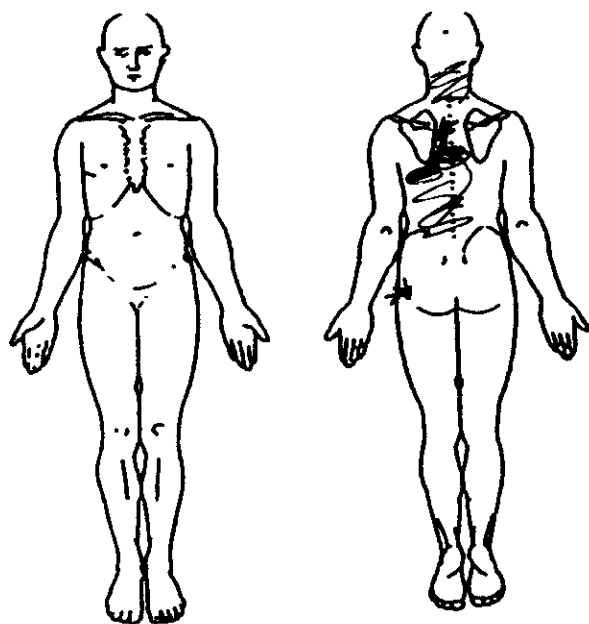


Date 15/12/22

Initial Consultation Form

Name: FRANCES
BEYNON

Indicate site of pain and referral area

Site of restriction

Location of pain/restriction/other: _____

LP → TX → CXDTX →L4/L5 Herniated Disc 15yrs.Onset - Initial (when/how it first began): CHRONIC → ACUTE ON CHRONICNow (current presentation): PAINFUL ON DTX. (6/10 Pain)Other Symptoms: Piercing Pain in Thorax.Type of Pain: SHARPReferral Pain: NeckWhat aggravates the pain? MovementDegree of Pain (0-10): 9 Irritability Level: Low Med HighWhat Offsets / Alleviates the Pain? moving to a non-irritable positionPast Treatments & Results: Acupuncture - OK, chiropractic - OKSpecial Questions (may also be specific to region): Difficult breathing when in Pain

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

Observation

Posterior view Scaps ✓ PSIS RT ASIS RT	AOA = 4 R 3.5 L	Anterior view CLUL ✓ SLUL - R 1K. ASIS RT	Lateral view R Plumb ✓ H.P. → Rte → APT = 1.0
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Motion Tests

Active (P1, S1, PB) Lx FLEX 1/2 Skin S. @ Gastroc Lx LAT FLEX L knee S. @ the costalis R 2 unit knee S. @ Inter costalis Shldr ABD L 180° R 180° Shldr Flex L 180° R 180°	Passive (P1, S1, R1) Shoulder circumduct L ✓ R ✓ HIP Flex L 110° R (Spring) R 125° R (Spring)
Resisted	Functional/Special Tests ROM TEST SLR. L 60° S. @ H/S R 45° S. @ H/S. SLR

Palpatory Assessment:

Clinical Impression: _____

Treatment MFTT the costalis, longissimus ULT Lev Scap, QL, White Med, White Max DIP MTP Lev Scap, Rhomb, White Med, White Max PbS Piriformis.	Reassessment Lx Flex 1/2 skin S. @ Gastroc Lx Lat Flex L knee PB R Knee PB
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Corrective Exercises

Exercise	Sets	Reps	Other Advice
Single leg supine Glute Stretch			

Postural Improvements: _____

Treatment Goals / Management Plan: Book as needed in New Year

→ View to add Piriformis Stretch in future