

## Condition Assessment

**Client Name:** Helen Gill

**Date:** 17/1/23

Reason for visit/Update:

General tune up. Tension mid back Frozen shoulders doing well Hamstrings tight Practicing yoga at home, too difficult to get to a class.
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Location:	
Onset: (How)	
Duration: (Constant vs fluctuating)	
Quality:	
Severity: (1-10 / sleep)	

Official diagnosis, scan or report: Yes/No

Radiating pain: Yes/No

Pain relief or relevant medication: Yes/No

Current exercises/sports/activities: Yes/No

Contraindications: Yes/No

Physical Assessment Performed and Results:

Post Treatment:

Suspected Condition/Presentation:

Treatment Plan

Consent Provided: Yes / No  
Prone: buttocks through towel, back (emphasis mid), interscap, shoulders and upper arms – stretched out arms to stretch shoulder, some neck. Backs of legs, emphasis hamstrings, feet.

Treatment Observations

Follow Up and Advice

Practitioner: Sarah Davis