

**PHYSICAL THERAPY ASSESSMENT**

**Name: Chandra Kumar**

**Age:**

**On observation:**

● **Body type: Mesomorph**

● **Posture: Protracted Shoulders**

● **Joint alignment: Normal**

● **Limb length: Normal**

**Chief Complaints: Left Shoulder pain on and off since 2 years**

**Past history: During workout , left shoulder pain started**

**On assessment:**

**Palpation : Tenderness over sub acromial region , rhomboids , trapezius**

**ROM : Normal**

**MMT : Retractors : 3++**

**SPECIAL TESTS**

**Apleys : Negative**

**Empty Can Test : positive**

**Diagnosis :**

**Subacromial Bursitis**

**Recommendations:**

**Physio to be taken twice a week :**

1. **Strengthening of concerned muscle groups .**
2. **MFR for trapezius, Shoulder**
3. **Shoulder Mobilization**
4. **Strengthening for Rotator Cuff**
5. **Posture Correction**