

**PHYSICAL THERAPY ASSESSMENT**

**Name: Dr. Ranjitha Date: 8-8-24**

**Age: 48**

**Sports: None , Yoga professional**

**On observation:**

● **Body type: Mesomorph**

● **Posture: Normal**

● **Joint alignment: Normal**

● **Limb length: Normal**

**Chief Complaints:**

**Pain in left hip referred till thigh , started after a skid 2 months back .**

**B/L knee pain on and off since 2 years**

**Left shoulder mobility less than right**

**Past history:**

**Hysterectomy 2016**

**Elbow Fracture 2020**

**Shoulder impingement (LT) a year back**

**On assessment:**

**Palpation**

**Tenderness over coccyx , ischial tuberosity**

**ROM: Normal**

**MMT: Normal**

**SPECIAL TESTS**

**All Special tests negative**

**Diagnosis :**

**Ischial bursitis**

**Recommendations:**

1. **Soft pillow to be used while sitting**
2. **Any exercise that over stretches the hamstrings to be avoided for a week .**
3. **Physiotherapy - 2 sessions per week**
4. **Use cold+ hot pack**

**Advice:**

1. Follow up for strengthening : gluteus , hamstrings .
2. Shoulder mobility and strengthening to be continued.
3. Knee mobility and strengthening to be started .