



Handle with care

PHYSIOTHERAPY CONSULTATION FORM

Demographic data:

Name :Mrs Lakshmi devi

Date: 24/04/2024

Age/Gender: 72Y/F

Sports/Non sports: Non sports

Exerciser/Non exerciser: non exe's

Occupation: House wife

Chief complaints:

- Patient has complained right wrist pain
- Pain has complain about left heel pain

Past history:

- Past one month patient ha wrist pain

Present history:

- Difficulty in doing wrist mvt
- While walking patient patient feel heel pain

On Assessment:

Tenderness :grade 1

Warmth: present

Diagnosis:

- Wrist arthritis

- Achilles tendinitis

Treatment plan:

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

Advice:

- APPLY icing and hot pack

Physio Treatment:

24/04/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

25/04/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

26/04/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

27/04/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

29/04/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S

2/05/24

- US FOR WRIST JOINT
- US FOR LEFT ANKLE AND HEEL
- PLANTER MUSCLE AND CALF MUSCLE STRENGTH EXE'S
- Shoulder mobility exe's