**Physiotherapy consultation**

**Name:** Mihika

**Age:** 11/F

**Sports:** Table tennis

 Body Type : Ectomorphic

**Chief complaints:**

* After heavy lower body workout , soreness in thigh muscles.

**Past history:**

Not relevant

**On observation:**

Forward head posture

Mild scapular winging

Pes Planus

**On palpation**

* Mild tenderness and tightness over trapezius

**On assessment:**

1. Muscle Strength good for Upper limb and lower limb muscles
2. Core Strength Good
3. Scapulo humeral Rhythm : Fair ( R<L )
4. Lumbo pelvic Rhythm : Good

**Diagnosis:**

* MIld Scapular Winging
* Pes Planus

**Recommendation:**

Physiotherapy session to be taken once / twice a week for :

* Posture Correction
* Myofascial Release for trapezius
* Scapular Strengthening and Stabilization
* Intrinsic foot muscles and plantar arch strengthening
* Recovery session once in 15 days to prevent excessive soreness.