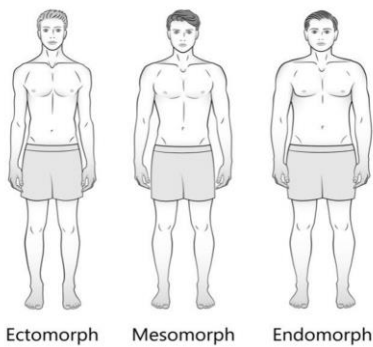


Name : <b>Mrs.Radha</b>
Age : <b>63 , Female</b>
Clinical : <b>Sciatic pain</b>

**Assessment Date: 9/03/2024**

## **PHYSIOTHERAPY CONSULTATION FORM**

**On observation:**



- Body type :endomorph
- Posture: normal
- Joint alignment: Normal
- Limb length: -

### **Chief complaints:**

Patient has complaint of pain in LOW back .she has pain over the spine bend movement and radiating pain

### **Past history:**

8 months before patient had back pain.

### **Pain history**

Side: right

Site: low back



**Onset:** gradual

**Duration:** 6 month

**Aggravating factor:** spine bend movement

**Relieving factor:** rest

**VAS:** 9/10

**On palpation**

Tenderness: normal

Warmth: present

**On examination -ROM:** normal

**Diagnosis:** Sciatic pain

**Treatment plan:**

- Stretching exercise.
- Manual releasing, IFT.

**Physiotherapy treatment session details:**

**11/03/2024**

- Pain scale 9/10
- Pain management IFT
- Manual muscle releasing



- Stretching

12/03/2024

- Pain scale 8/10
- Pain management IFT
- Manual muscle releasing
- Stretching

13/03/2024

- Pain scale 8/10
- Pain management IFT
- Manual muscle releasing
- Stretching

14/03/2024

- Pain scale 6/10
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

15/03/2024

- Pain scale 5/10
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

16/03/2024

- Pain scale 3/10
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

18/03/2024

- Pain scale 2/10
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

20/03/2024

- Pain scale 1/10
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

21/03/2024

- Pain scale 0
- Pain management IFT
- Manual muscle releasing
- Stretching
- Strengthen exercise.

29/03/2024

- Pain scale 4/10
- Pain management IFT for left shoulder
- Manual muscle releasing

30/03/2024

- Pain scale 3/10
- Pain management IFT for left shoulder
- Manual muscle releasing