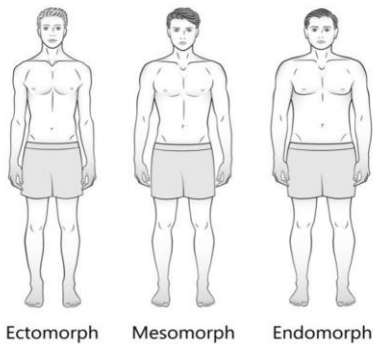


Name : <b>Mrs.sandhya Ravindra</b>
Age : <b>67 , Female</b>
Clinical : <b>Traps &amp;deltoid muscle strain</b>

**Assessment Date: 22/03/2024**

## **PHYSICAL THERAPY ASSESSMENT**

**On observation:**



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

**Chief Complaints:**

- Patient complain pain over the shoulder region while doing the shoulder abduction

**Past history:**

- Past 3 month patient has pain over the shoulder region
- 6 month before ,the patient underwent bypass surgery

**Pain history:**

- Right side.
- Site: Anterolateral arm and shoulder.
- Duration: 3 months.
- Aggravating factor: while doing overhead activities.
- Relieving factor: Rest.
- VAS Scale : 5/10



**On Observation & assessment:**

- Cervical spine: Normal.
- Shoulder: Normal.
- Swelling - Not present.

**On Palpation:**

- Tenderness: Grade 1.
- Warmth: Present.

**On Examination:**

- Range of motion : Flexion :normal
- Extension: normal
- Abduction & Adduction :normal

**Diagnosis:**

- Traps & deltoid muscle strain

**Treatment:**

- pain management IFT
- Shoulder mobility
- Shoulder strengthening

**Advice:**

- 10 sessions

**Physiotherapy treatment session details:**

**25/03/2024**

- Ankle mobility exercise
- Icing

**26/03/2024**

- **Pain management for shoulder IFT**
- Mobility exercise



- Strengthen exercise

27/03/2024

- **Pain management for shoulder IFT**
- Mobility exercise
- Strengthen exercise
- US for left ankle

29/03/2024

- **Pain management for shoulder IFT**
- Mobility exercise
- Strengthen exercise
- US for left ankle

30/03/2024

- **Pain management for shoulder IFT**
- Mobility exercise
- Strengthen exercise