

 **PHYSICAL THERAPY ASSESSMENT**

**Name: Nenya Date:**

**Age: 13/F**

**Sports: Swimming**

**On observation:**

● **Body type: Ectomorph**

● **Posture: Protracted Shoulders**

● **Joint alignment: Normal**

● **Limb length: Normal**

**Chief Complaints:None**

**Past history: 3 years ago Rt side Scapular pain**

**On assessment:**

**Palpation : Tenderness over bilateral rhomboids**

**ROM : Normal**

**MMT : Retractors : 3++**

**Core - Mid: 4++**

**Upper- 4**

**SPECIAL TESTS**

 **Normal**

**SPORTS SPECIFIC**

● **Functional Movement Screening**

**1.** **Squat : Normal**

**2.** **Glenohumeral Rhythm : Shoulder Shrug present**

**3.** **Lumbopelvic Rhythm: Normal**

 **Diagnosis :**

**Muscular Imbalance : Retractor weakness and trapezius myofascial tightness**

 **Recommendations:**

**Physio to be taken twice a week :**

1. **Strengthening of concerned muscle groups .**
2. **MFR for trapezius**
3. **Posture Correction**

25.9.24

Trapezius Release

Rhomboids Release

T-T6 mobilization

Posture Correction exercises initiated .

Note : Home exercises to be followed