



**PAIN ASSESSMENT / INJURY ASSESSMENT**

**Name :** Anshu

**Age/Gender:** 8Y/M

**Occupation/Sports:** Tennis

**Arm side:** left side

**Date:** 13/10/2023

- Recovery session

**Date:** 22/11/2023

- Recovery session

**Date:**8/12/2023

**Chief complaints:** Left Ankle pain

**Past history:** No past history/Impact ankle twist

**On Observation:** No swelling

**On Palpation:** Mild tenderness over the ankle joint

**On assessment:** No test diagnosed

**Diagnosis:** Left ankle sprain

**Treatment:**

- Ankle mobs
- Manipulation of ankle joint and metatarsals.

**Advice:**

- Icing 5/10 minutes/session repeat 5-6 times/day

**Date:**23/12/2023

**Chief complaints:** Left shoulder pain after workout session

**Past history:** Pull ups (Over trained)

**On Observation:**

- No swelling



- Pain while during back swings in Tennis

**On Palpation:**

- Tightness over Rotator cuff muscles

**On Assessment:**

- Neer's test shown +ve 8/10 pain
- Hawkins Kennedy +ve 8/10 pain

**Diagnosis:**

- Supraspinatus muscle sprain

**Treatment:**

- Shoulder joint mobs
- Ac joint mobs
- Scapular mobs
- Strx of upper back (Cupping)
- Rotator cuff muscles activations.

**Advice:**

- Icing 5/10 minutes/session repeat 5-6 times/day

**Recommendations:**

- Before Tennis training, warm up includes Rotator cuff muscles activations.

**No. of sessions done till now from Month of October:**

**Date:13/10 2023:** Recovery session only lower body (Cupping)

**Date:22/11/2023:** Recovery session(Cupping)

**Date:08/12/2023:** Lt Ankle pain (Ankle joint manipulation)

**Date:23/12/2023:**Complaint of Rt shoulder pain 7/10(Shoulder mobilizations,Cupping,Exercise therapy)

**Date: 02/01/2024:**Complaint of Rt shoulder pain 4/10 pain(Shoulder mobilizations,Cupping,Exercise therapy)

**Date:02/04/2024**

**Condition Lateral epicondylitis**

- **Stretching**
- **ECRB Muscle releasing**
- **Ultrasound**
- **Icing**