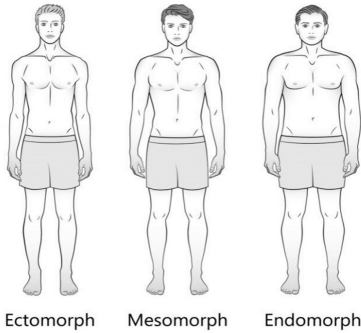


PHYSICAL THERAPY ASSESSMENT

Name: Karthik
Age: 18/yr/Male
Sports: Cricket
On observation:

Date: 03/04/2024



- Body type : mesomorph
- Posture: Normal
- Joint alignment: Normal
- Limb length: Normal

Chief Complaints:

- Patient complain the pain over the both legs shin bone while during running and jumping and doing heal rise

Past history:

- Past 6 month patient has shin bone pain both legs

On assessment:

- Tenderness :present
- Warmth: present

PAIN SCALE

- 8/10

Diagnosis:

- Shin bone pain both legs

Treatment:

- **Pain management**
- **IFT**
- Calf muscle release
- Stretching
- Strengthen exercise

Recommendations:

- 10 session

Physiotherapy treatment

04/04/2024

- **IFT**
- Calf muscle release
- Stretching
- Strengthen exercise

05/04/2024

- **IFT**
- Calf muscle release
- Stretching
- Strengthen exercise

06/04/2024

- **IFT**
- Calf muscle release
- Stretching
- Strengthen exercise

08/04/2024

- **IFT**
- Calf muscle release
- Stretching
- Strengthen exercise