

PHYSICAL THERAPY ASSESSMENT

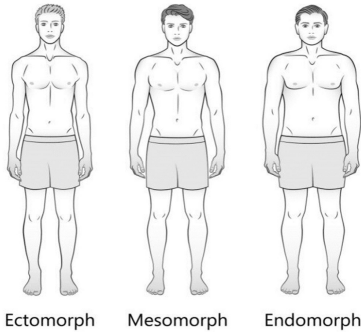
Name: Mr. Prakash

Date: 25/03/2024

Age: 26/yr./Male

Sports: Cricket

On observation:



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

Chief Complaints:

- Patient complain the pain over the right knee joint while squatting and running

Past history:

- No past medical history

On assessment:

- Tenderness :normal
- Warmth: normal

PAIN SCALE

- 7/10

Diagnosis:

- Medial collateral ligament injury

Treatment:

Pain management

- IFT
- Stretching
- Strengthen exercise

Recommendations:

- 10 session

Physiotherapy treatment

26/03/2024

- **IFT**
- Stretching
- Strengthen exercise
- Theraband exercise
- Mobility exercise

27/03/2024

- **IFT**
- Stretching
- Strengthen exercise
- Theraband exercise
- Mobility exercise

28/03/2024

- **IFT**
- Stretching
- Strengthen exercise
- Theraband exercise
- Mobility exercise

29/03/2024

- **IFT**
- Stretching
- Strengthen exercise
- Theraband exercise
- Mobility exercise

02/04/2024

- **IFT**
- Stretching
- Strengthen exercise
- Theraband exercise
- Mobility exercise