

## PHYSICAL THERAPY ASSESSMENT

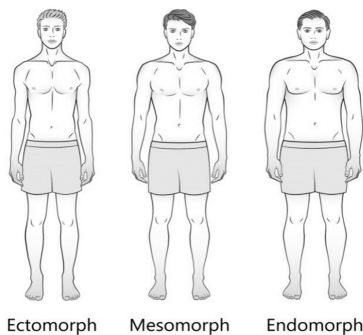
Name: Mr. Chittaranjan

Date: 19/09/2023

Age: 74 Y/M

Sports: Ex cricketer

### On observation:



- Body type : Endomorph
- Posture: Rounded shoulders
- Joint alignment: Normal
- Limb length: Normal

### Chief Complaints:

- Bilateral Shoulder pain
- While getting down from the bike, the left knee is painful often.

### Past history:

- History of cervical spondylitis

### On assessment :

- Stiff body

### Diagnosis:

- Age related General body weakness

### Treatment:

- Shoulder joint mobs
- Knee joint MWM

### Recommendations:

- General body basic strength and conditioning

### Advice:

- 3 sessions / weekly



## **Physio recommendations**

### **Workout plan:**

Duration of 1 hour/60 minutes

Warm up: 10 minutes of treadmill walk of 3.5 speed gradually inclination if needed.

No. of sets: 3 sets/10 reps

### **Monday:**

- Upper back and legs strength & Flexibility training

### **Tuesday:**

- Core and Arms strength & Flexibility training

### **Thursday:**

- Lower body Static and dynamic balance & Proprioception & Flexibility training

### **Friday:**

- Endurance training/Little hike in intensity & Flexibility training.

### **Note:**

- Ongoing client's requirement: He wants to stand and ride the bike.
- Exercises changes should be done according to client's requirements/Mood/Mindset.

7/02/24

- Right & left shoulder mobility exercise
- manual therapy for right shoulder
- right shoulder ultrasound
- left shoulder IFT
- home advise

8/02/24

- both shoulder mobility ex's
- mobilization for right shoulder
- ultra shoulder for right shoulder
- home advice for icing and free ex's

9/02/24

- mobilization for right shoulder



- ultrasound for right shoulder
- Home advise

12/02/2024

- active exercise for right shoulder
- IFT for both shoulder
- Home advise

13/02/2024

- Both right shoulder mobility
- Mobization exercise for right shoulder
- IFT for both shoulder

14/02/2024

- Right shoulder mobilization
- IFT for both shoulder

15/02/2024

- IFT for both shoulder

16/02/2024

- IFT for both shoulder

19/02/2024

- Active stretching exercises for both lower limb
- IFT for both shoulders

20/02/2024

- Active and passive stretching exercise for both lower limbs
- Active exercise for lower limb
- IFT for both shoulders

20/02/2024

- IFT for right shoulder

03/04/2024

- IFT Right shoulder

04/04/2024

- IFT Right shoulder

05/04/2024

- IFT Right shoulder

06/04/2024

- IFT Right shoulder

08/04/2024

- IFT Right shoulder

10/04/2024



- IFT Right shoulder