



Demographic data:

Name : Mrs.Meenakshi

Date: 05/02/2024

Age/Gender: 60/female

Exerciser/Non exerciser: Non exerciser

Occupation: teacher

Chief complaints:

- Pain in the shoulder and head

Past history:

- History of diabetes and hypertensive on medication

On observation:

- Poor posture with trapezii's

ON palpation:

- **Stiff trapezius and hand muscle and weak shoulder stabilizer**

On Assessment:

- Cervical spondylitis changes with stiff neck muscle and radiating pain /referred pain to the right limb

Diagnosis:

- Cervical spondylitis with trapezii's

Treatment plan:

- Pain management with postural correction

Exercises:

- Shoulder and upper back rehabilitation exercise and home program

Advice:

- **Not** to lift overhead [heavy weight lifting]

Physiotherapy treatment**05/02/2024**

- US+IFT for neck and shoulder needling for trapezii's and shoulder

06/02/2024

- Pain management [pain scale-8]
- US+IFT for shoulder mobilization with shoulder and upper back stretches

07/02/2024

- Pain management [pain scale -6]
- US+IFT for shoulder mobilization with shoulder and upper back stretches

08/02/2024

- Pain management US+IFT+ shoulder exercise

09/02/2024

- Pain management +soft tissue mobilization shoulder mobilization

12/02/2024

- Pain management needling and soft tissues release with shoulder mobilization and ex's therapy

13/02/2024

- Shoulder stability ex's and shoulder stretch with US+IFT for pain management
- Normal lifestyle activities pain reduction and normal functional activities for right limb

15/02/2024

- Shoulder rehab with pain management improvement with functional activity

16/02/2024

- Shoulder Rom ex's with shoulder stability ex's pain management with US+IFT + needling shoulder mobilization for flexion and rotational

17/02/2024

- Shoulder mobilization and Rehab pain management US+IFT

19/02/2024

- pain management US+IFT +needling shoulder mobilization and rehab

21/02/2024

- Pain management and ex's therapy

26/02/2024

- Pain scale 2 , pain decreased
- Pain management US+IFT needling for right trap and shoulder mobilization shoulder mobility and strength exercise

27/02/2024

- Pain scale 1 pain is decreased
- Pain management IFT
- Strength exercise
- Manual therapy

28/02/2024

- Pain scale 1 pain is decreased

- Pain management IFT
- Strength exercise
- Manual therapy

29/02/2024

- Pain scale 1 pain is decreased
- Pain management IFT needling for right trap and shoulder mobilization shoulder mobility and strength exercise

01/03/2024

- Pain scale 1 pain is decreased
- Pain management IFT needling for right trap and shoulder mobilization shoulder mobility and strength exercise

02/03/2024

- Pain scale 0
- Strength exercise
- Mobility exercise

04/02/2024

- Pain management IFT shoulder mobilization shoulder mobility and strength exercise

06/02/2024

- Pain management IFT needling for right trap and shoulder mobilization shoulder mobility and strength exercise

07/03/2024

- Pain management IFT
- Strength exercise
- Resistance exercise
- Mobility exercise

11/03/2024

- Pain management IFT
- Strength exercise
- Resistance exercise
- Mobility exercise
- Free exercise
- Lower limb strengthen exercise

12/02/2024

- Pain management IFT
- Strength exercise
- Resistance exercise
- Mobility exercise
- Free exercise
- Lower limb strengthen exercise

13/03/2024

- shoulder mobilization shoulder mobility and strength exercise
- Strength exercise
- Resistance exercise
- Mobility exercise

- Free exercise
- Lower limb strengthen exercise

14/03/2024

- Pain scale 0
- shoulder mobilization shoulder mobility and strength exercise
- Strength exercise
- Resistance exercise
- Mobility exercise
- Free exercise
- Lower limb strengthen exercise
- Lower limb mobility exercise
- Theraband exercise for both upper limb and lower limb