

PHYSICAL THERAPY ASSESSMENT

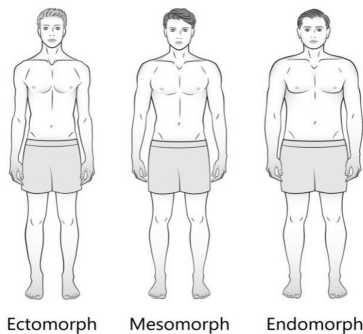
Name: Shubha Chittaranjan

Date: 26/08/2023

Age: 34 Y/M

Sports: Swimming

On observation:



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

Chief Complaints:

- Bilateral heel pain
- While hopping and after intense leg workout heel pains.

Past history:

- History of extra bone growth at medial malleolus of left ankle.

On assessment:

- Tenderness on Achilles tendon insertion.
- Stiff body

Diagnosis:

- Achilles tendinitis
- Plantar fasciitis and Calcaneal spur (Left side)

Treatment:

- Ankle joint mobs
- Tarsals mobs
- Dry needling
- Styx of plantar fascia and calf muscles.

Recommendations:

- X- Ray
- X-Ray shows Brittle bones.



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Advice:

- 4 sessions/ weekly
- VIT D3 and B12 test.

Date: 3/10/2023

Chief Complaints:

- Right heel pain
- While hopping and after intense leg workout heel pains.

Past history:

- History of extra bone growth at medial malleolus of left ankle.

On assessment:

- Tenderness on Achilles tendon insertion.
- Stiff body

Diagnosis:

- Achilles tendinitis
- Plantar fasciitis and Calcaneal spur?(Left side)

Treatment:

- Ankle joint mobs
- Tarsals mobs
- Dry needling
- Styx of plantar fascia and calf muscles.
- Ultrasound

Date: 17/11/2023(Under B12 and VIT D3 supplements)

Chief Complaints:

- Right heel pain
- While hopping and after intense leg workout heel pains.

Past history:

- History of extra bone growth at medial malleolus of left ankle.



On assessment:

- Tenderness on Achilles tendon insertion.
- Stiff body

Diagnosis:

- Achilles tendinitis
- Plantar fasciitis and Calcaneal spur?(Left side)

Treatment:

- Ankle joint mobs
- Tarsals mobs
- Dry needling
- Styx of plantar fascia and calf muscles.
- Ultrasound

Date: 02/01/2024:

Chief Complaints:

- Left shoulder pain

Past history:

- History of left shoulder surgery

On assessment:

- Painful arc syndrome 7/10 pain
- Over acting Traps
- Severe tightness over Traps Lt>Rt
- Restricted shoulder rotation movements.

Diagnosis:

- Shoulder impingement positive

Treatment:

- Shoulder joint Mulligan mobs
- Neck Mulligan mobs
- Dry release on left upper back
- Cervical spine manipulation

Advice:

- more sessions
- Icing over Traps and shoulder

Recommendations:

- Add shoulder mobility exercises before workout

Date: 05/01/2024:

Chief Complaints:



- Left shoulder pain

Past history:

- History of left shoulder surgery

On assessment:

- Painful arc syndrome 4/10 pain
- Over acting Traps
- Severe tightness over Traps Lt>Rt
- Restricted shoulder rotation movements.

Diagnosis:

- Shoulder impingement positive

Treatment:

- Shoulder joint mobs
- Dry release of upper back

Advice:

- 2 sessions/ week
- Icing over Traps and shoulder

Recommendations:

- Add shoulder mobility exercises before workout.

22/02/2024

- Ultrasound for left calcaneus bone
- Plantaris muscle release
- Home advise

23/02/2024

- Ultrasound for left shoulder
- Foot muscle release

23/02/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

26/02/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

27/02/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise



29/02/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

01/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

05/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

06/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

07/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

09/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

11/03/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

18/03/2024

- US for left calcaneus bone
- Plantaris muscle release

28/03.2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise



2/04/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

4/04/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise

08/04/2024

- Ultrasound for left calcaneus bone
- US for right calcaneus
- Plantaris muscle release
- Home advise
- IT band stretching
- Quad muscle stretching

10/04/2024

- IT band stretching
- Quad muscle stretching