**PHYSICAL THERAPY ASSESSMENT**

**Name: Rishika Umagle Date:**

**Age: 17**

**Sports: Swimming (Fly , Freestyle , 50/100)**

**On observation:**

● **Body type:Mesomorph**

● **Posture: Protracted Shoulders**

● **Joint alignment: N**

● **Limb length: N**

**Chief Complaints:**

 **Shoulder pain B/L on and off**

**Stiffness in body**

**Rt thigh pain**

**Past history: H/O RT rectus femoris tear in jan 2023**

**On assessment:**

**Palpation : Myofascial tightness over rhomboids bilaterally**

**Myofascial tightness over Rt It band**

**Tenderness over right quads**

**ROM**

 **Normal**

**MMT : ER B/L : 3++**

**SPECIAL TESTS: Normal**

**SPORTS SPECIFIC**

● **Functional Movement Screening**

**1.** **Squat : Rt knee alignment outwards**

**2.** **Glenohumeral Rhythm : N**

**3.** **Lumbopelvic Rhythm : Rt pelvis hike present**

●  **Core test: Flexion : good**

 **Extension: good**

 **Diagnosis : Right Rectus femoris tear ( healed , Rehab stage )**

**Upper Cross Syndrome**

 **Recommendations:**

1. **MFR for upper back muscles**
2. **UST for Quads**
3. **Strengthening quads and adductors**
4. **Retractor Strengthening**

**Advice:**

 Physio ( thrice a week )