**PHYSICAL THERAPY ASSESSMENT**

**On observation:**

● **Body type: Ectomorph**

● **Posture: Pes planus , protracted shoulders**● **Joint alignment: Normal**

● **Limb length: Normal**

**Chief Complaints: None**

**Past history: Had multiple fall during skating**

**On assessment:**

* **Palpation : Normal**
* **MMT : Normal**

**MMT :**

* **Core - good**

**SPECIAL TESTS : N**

 **SPORTS SPECIFIC**

● **Functional Movement Screening**

* **Squat : Ankle flexibility less**
* **Glenohumeral Rhythm : Good**
* **Lumbopelvic Rhythm: Good**
* **Ankle Flexibility : Needs to be improved**
* **Balance : Needs to be improved**

 **Diagnosis : None**

 **Recommendations:**

1. **Ankle flexibility needs to be improved**
2. **S&C to be started**
3. **Physio once a week for posture correction**
4. **Psychological concerns observed like lack of attention , to be addressed.**