

PHYSICAL THERAPY ASSESSMENT

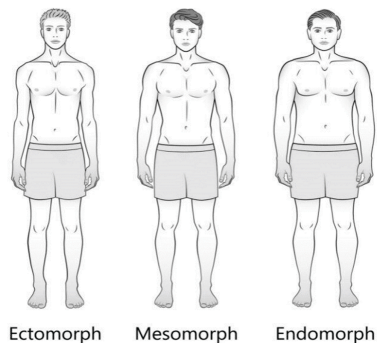
Name: Shubha Chittaranjan

Date: 26/08/2023

Age: 34 Y/M

Sports: Ex-Swimmer (EKALAVYA AWARDEE)

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
- Strx of plantar fascia and calf muscles.

Recommendations:

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



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Advice:

- 4 sessions/ 2 week
- 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
- Strx 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
- Strx 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 :

- 2 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 upperback

Advice :

- 2 sessions/ week
- Icing over Traps and shoulder

Recommendations:

- Add shoulder mobility exercises before workout.