

**PHYSICAL THERAPY ASSESSMENT**

**Name: Vikas Hegde**

**Age: 36/M**

**It professional , Occasional Badminton player**

**On observation:**

● **Body type:Mesomorph**

● **Posture: protracted shoulders**

● **Joint alignment: Normal**

● **Limb length: Normal**

**Chief Complaints:**

**Left knee pain**

**Rt heel pain after impact landing**

**Left side medial ankle pain**

**Lower back pain**

**Left side upper back pain**

**B/L heel pain**

**Rt Shoulder pain ( sub Acromial Region)**

**Past history: Pt treatment done**

**On assessment:**

**Palpation : MFR tightness of rhomboids , trapezius**

**Hymomobility of facet jts**

**ROM : Normal**

**MMT : Vmo Weakness B/L**

**Core - 2 +**

**SPECIAL TESTS**

**Normal**

**Diagnosis : Upper Cross Syndrome**

**Facet Jt hypomobility**

**Calcaneal Spur**

**MCL ligament Strain**

**Recommendations:**

**Physio 3 days a week for**

1. **MFR**
2. **Mobilization**
3. **Ergonomic Changes**
4. **Strengthening**