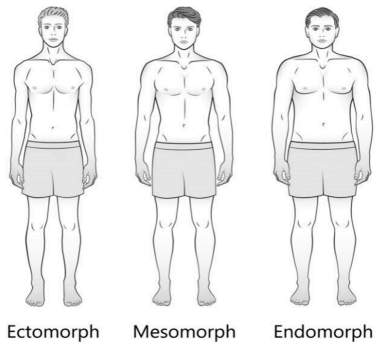


PHYSICAL THERAPY ASSESSMENT

Name: kushi
Age: 8/female
Sports:swimmer

Date:

On observation:



- **Body type :endomorph**
- **Posture: pelvic tilt**
- **Joint alignment:UN Normal**
KNEE JOINT:GENU VALGUM
PELVIC TILT
- **Limb length: LOWER LIMB RIGHT :34 1/2**
LEFT:34
FOOT RIGHT:23
LEFT:22

Chief Complaints :

- **PATIENT COMPLAIN WHILE DOING SQUAT WEIGHT SHIFT TOWARDS LEFT LIMB**

Past history:

- **NO PAST MEDICAL HISTORY**

On assessment :

Diagnosis:

- **PELVIC TILT LEFT SIDE**
- **KNEE JOINT:BOTH KNEE HYPERMOBILITY**
: COMPARE RIGHT LEFT IS MORE DOMINANT
- **GULTE MUSCLE : DUE TO THE SHORT LIMB SHE SIFTING HER WAIT TO THE RIGHT SIDE WHILE SQUATTING AND LOWER LIMB ACTIVITY**

Treatment:

- **KNEE STRENGTHEN EXE'S**
- **HIP STRENGTHEN EXE'S**
- **STRETCHING**
- **HIP ,KNEE ANKLE MOBILITY EX'S**

Recommendations: 2 SESSION /PER WEEK

PHYSIOTHERAPY TREATMENT:

02/03/2024

- **KNEE STRENGTHEN EXE'S**
- **SQUATTING**
- **HIP BRIDING**
- **BRIDGE WITH ONE LEG**
- **ANKLE MOBILITY EXE'S**

16/03/2024

- **KNEE ANKLE STRENGTHEN EXE'S**
- **MOBILITY EX'S ANKLE KNEE**

28/03/2024

- **KNEE ANKLE STRENGTHEN EXE'S**
- **MOBILITY EX'S ANKLE KNEE**