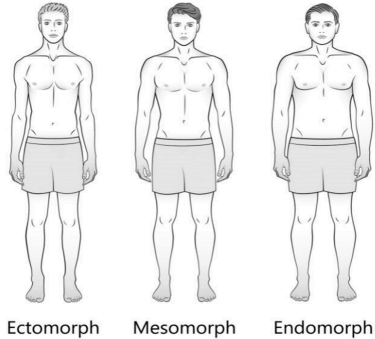


Name: sarajain  
Age: 15yr/female  
Sports: Swimmer

Date : 19/03/2024

**On observation:**



- Body type : Mesomorph
- Posture: Normal
- Joint alignment: Normal
- Limb length: 38 1/2

**Chief Complaints :**

- Patient has complain around the rotator cuff muscle while doing the overhead activity

**Past history:**

- 6 month before patient has trapezius muscle strain
- 2 months before patient has knee pain

**On assessment :**

- Tenderness : Normal
- Warmth : Normal

**Diagnosis:**

- Rotator cuff strain

**Treatment:**

- Pain management IFT
- Manual muscle releasing
- Strengthen exe's

**Recommendations:**

- 1 session / per week