

PHYSICAL THERAPY ASSESSMENT

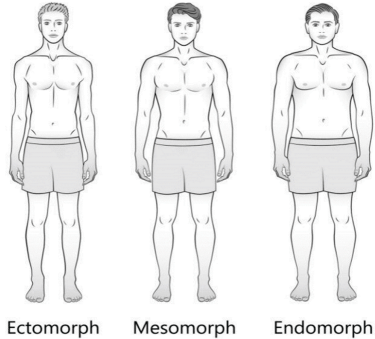
Name: Trisha

Date: 11/04/2024

Age: 14 Y/F

Sports: swimmer

On observation:



- Body type : Ectomorph
- Posture: Rounded shoulders
- Joint alignment: Normal
- Limb length: Normal

Chief Complaints :

- Patient complain upper body muscle tightness while doing shoulder movements

Past history:

- 2 years before patient has right leg toe injury

On assessment :

- Upper body Stiff
- **Right Shoulder :shoulder flexion -0 degree to 180 degree**
Shoulder Extension -0 degree to 55 degree
- **Left shoulder: shoulder flexion -0 degree to 180 degree**
Shoulder Extension -0 degree to 60 degree

Diagnosis:

- Upper back and shoulder muscle tightness
-posterior deltoid, latissimus dorsi, and teres major

Treatment:

- Shoulder joint mobility exe;s
- Upper back muscle releasing
- Stretching

Recommendations:

- 1 session /per week

Advice:

- Stretching ,upper body mobility exe's

Physio treatments