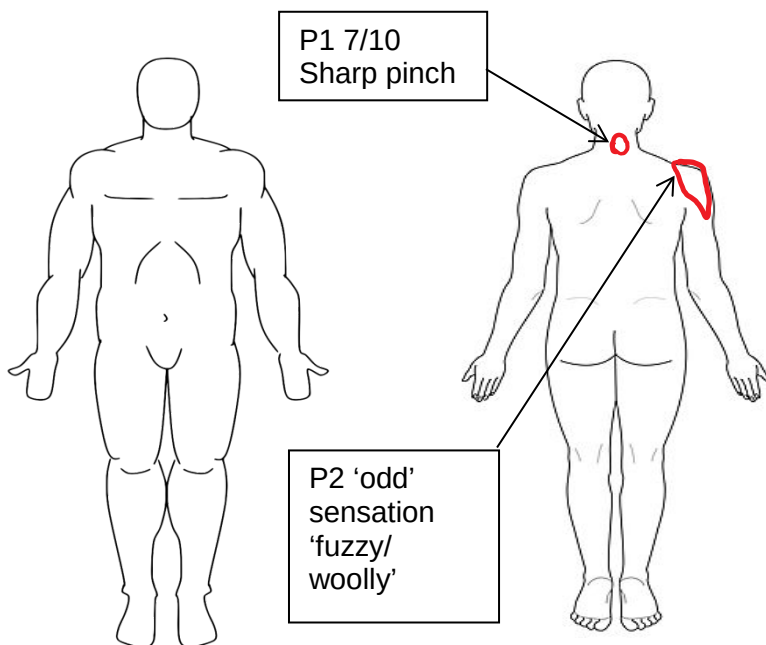




Name: PRACTICAL MOCK 3

Initial Assessment Date:

Therapist:

Special Questions:

C/S –ve

B/B –ve

P/N -ve but P2 abnormal sensation

Address:		D.O.B:	Tel Number:	Email:
Medication: <i>Diabetic type II – well controlled</i>		Occupation: <i>Shop assistant</i>	GP:	
Past Medical History (previous operations, accidents, illness, other health problems): <i>None</i>				
Sport / Exercise (type, level, position, competition, training (intensity, frequency, duration)): <i>Water aerobics weekly 1 hour</i> <i>Walking the dog – 20 mins daily</i>				
Main Problem: <i>neck and right shoulder</i>				
History of the present condition (when, activity, mechanism): <i>Rear ended in car accident 2/52. Low speed – crawling, at roundabout. Car hit the rear of her car at approx 10mph. Handbrake was on. Ambulance called as precaution, taken to ED and XRAY NAD. Awaiting NHS physio outpatient appointment but sought treatment during wait.</i> <i>Nil Sx initially but in shock so unaware. Over the next few hours, developed stiffness ++ in neck. Given NSAIDs by ED initially made stiffness easier and able to get to sleep, then next morning stiffness +++ O/W. Applied heat and NSAIDs with some relief. Slightly easier the next AM. Continued with this cycle for 4/7 when stiffness made way for P1.</i> <i>1/52 post accident P2 developed – gradually getting worse and more irritating</i>				
Aggravating: <i>P1 immediate onset with AROM Extn 7/10.</i> <i>P2 always aware of odd sensation 3/10 worsens to 5/10 approx 5-10mins after P1</i>		Easing: <i>P1 eased within minutes of moving out of extension – gradually reduces to 0/10</i> <i>P2 never reduces to 0. 3/10 residual irritation in background</i>		
Sleep: <i>Has had to use 2 pillows instead of one and unable to sleep in prone</i>	Behaviour of Symptoms: <i>P1 only when aggravated</i> <i>P2 constant but varies in intensity</i>		SIN:	

Observation: <i>Anterior pelvic tilt, increased lordosis, sway back posture</i>			Touch: NAD	
ROM:	A	P	R	ACCESSORY
Cxsp				
FLXN	P2 2/10	P2 2/10	NA	P/A C4 P1 3/10
EXTN	P1 7/10	P1 7/10	NA	P/A C5 P1 6/10
RRot	P1 5/10	P1 5/10	NA	P/A C6 Stiff
LRot	P2 2/10	-	NA	L P/A C4 TP P1 5/10
RSF	P1 2/10	P1 3/10	NA	L P/A C5 TP P1 8/10 + P2 5/10 on release
LSF	P2 1/10	-	NA	L P/A C6 TP stiff
R P/A C4-C6 TP P2 4/10 Trans glide to R C4-6 P2 3/10				
Muscles: Upper traps NAD, SCM (RRot P2 LRot P2)				
Palpation: <i>soft tissue tightness upper traps, posterior Cxsp</i> <i>1st rib stiff +</i>				
Ligaments:			Joints above and below: <i>Shoulder – stiff ROM elevation in to flexion and abduction</i> <i>Txsp</i> <i>General stiffness of all movements</i>	
Functional:			Other tests: VBI –ve for Comans 5Ds, 3Ns and A All ULTTS –ve (just tightness in positioning) Dermatomes – reduced sensation over anterior shoulder ~50% of L Myotomes – normal Reflexes – biceps reduced	
Clients Name & DOB:				Date:
Sports Therapist:				Date: