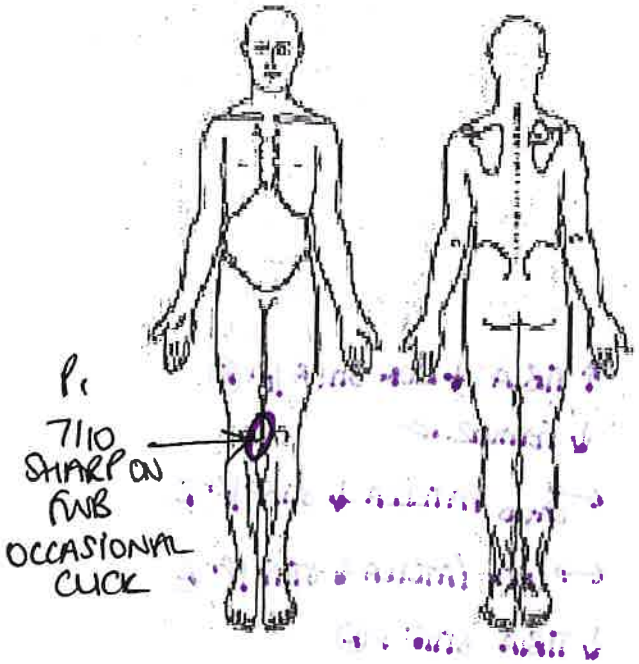
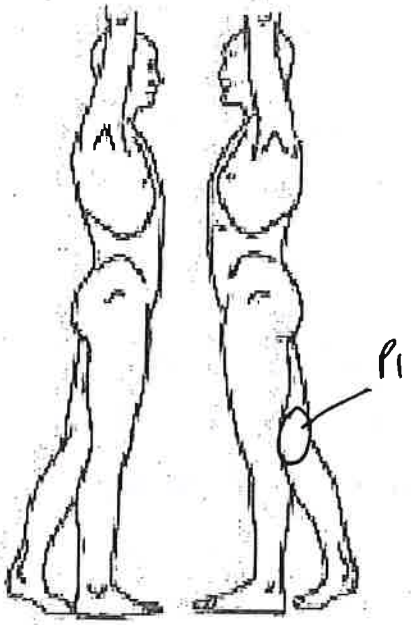
CASE STUDY MT

Name: IMA INJERD	Initial Assessment Date: ~~~	Therapist: ~~~~~





Address: ~~~ ~~~ ~~~, ~~~	D.O.B: ~~~	Tel Number: ~~~ ~~~	Email: ~~~@~~~

Medication:	Occupation:	GP:
NONE	ACADEMY FOOTBALLER	~~~ ~~~

Past Medical History (previous operations, accidents, illness, other health problems):

(R) ANKLE INVERSION SPRAIN GRADE II ATFL 8/12

(L) STERNAL FIBRES PEC MAJOR STRAIN GRADE 1 11/12

Sport / Exercise (type, level, position, competition, training (intensity, frequency, duration)):

MIDFIELDER, PROFESSIONAL ACADEMY. TRAINS 5/7 MATCH 1/7
TRAINING FITNESS @ V̇ & SKILLS/GAME RELATED DAILY.

Main Problem:

(R) KNEE

History of the present condition (when, activity, mechanism):

DURING TRAINING, SUDDEN DECELERATION, CHANGE OF DIRECTION & ACCELERATION FELT SHARP P+ (9/10) & KNEE 'GAVE WAY'. UNABLE TO CONTINUE TRAINING ICE, COMPRESSION & ELEVATION. NO IMMEDIATE SWELLING/BRUISING.
NOW 72W POST INJURY. SHARP P+ ON FWB, P+ ON FWB+ROTATION. OCCASIONAL CLICK P+ LOCALISED TO MEDIAL KNEE.

Aggravating:	Easing:
FWB+ TWIST/ROTATION - IMMEDIATE 7/10	IMMEDIATE EASE WITH NWB ICE - NO EFFECT

Sleep: SLEEP OK, WAKING P+ IF TURNING OVER ONTO (L) SIDE	Behaviour of Symptoms: NO 24W P+	SIN: S I N

Observation:
RELUCTANCE TO FWB ON (R)

Touch:
NAD

ROM:	A R	A L	P R	P L	R R	R L	ACCESSORY
FLEX	↓ROM ~90° ✓	✓	90° P+	✓	✓	✓	↑ TIBIA ↓ROM STIFF P+ (R)
EXT	↓ROM 5° ✓	✓	5° ✓	✓	✓	✓	↓ FEMUR ✓
MR	STIFF ✓	✓	discomfort ✓	✓	✓	✓	↔ CAUD PATELLA ↓ STIFF P+ (R)
LR	P1 ✓	✓	P1 ✓	✓	P1 ✓	✓	↔ CEPH PATELLA ↓ STIFF P+ (R)
							↓ TIBIA STIFF ✓ (R)
							↑ FEMUR STIFF ✓ (R)
							↻ TIBIA ↓ STIFF (R)
							5 TIBIA ↓ STIFF (R)

Muscles:

	R	L		R	L		R	L
Quads	✓	✓	TFL	✓	✓	Gastroc	✓	✓
VMO	✓	✓	Hamstrings ore knee	✓	✓			
Rectus Femoris	discomfort ✓	✓	Popliteus	discomfort ✓	✓			

Palpation:
medial joint line - sore+
fibia - ant border ✓
lat border ✓
med. border ✓
Patella - med, lat, sup, inferior poles ✓
Patella tendon ✓
head of fibula ✓
tibial condyles med, lat ✓
femoral condyles med, lat ✓
Quads, VMO, hamstring ✓
Popliteus - discomfort (R)

Ligaments:
Sag -ve
Ant. Drawer - sore ✓
Post. Drawer - ✓
MCL 0° ✓ 30° discomfort ✓
LCL 0° ✓ 30° Pinching medial P+ ✓

Joints above and below:

		R	L
Talocrural	PF	✓	✓
	DF	✓	✓
Hip	flex	✓	✓
	Ext	✓	✓

Functional:
DL Squat P+ medial knee

Other tests:
McMURRAY -ve
APLEY COMPRESSION -ve
THESSALY -ve P1
LACHMANS -ve
SLOCUM AMRI -ve ALRI -ve
PATELLA SWEEP -ve
APPREHENSION -ve

Clients Name & DOB: [redacted]

Date: [redacted]

Sports Therapist: [redacted]

Date: [redacted]

CASE STUDY MT

Patient Name & DOB:
IMA INJERD m.m.mm

Aims:	Date Achieved:
Long term goal (LTG): PLAY CUP QUARTER FINAL JAN 31 2019	
Short term goals (STG): 1: RESTORE FULL EXTN P+ FREE 2: RESTORE FULL P+ FREE FLXN 3: NORMAL FWB GAIT 4: DL SQUAT P+ FREE	
Objective Markers: 1. AROM EXTN 2. AROM FLXN	

Date:	Treatment:	Outcome:	Signature:
m.m.mm	↔ CEPH (R) GRADE III 3x30sec	AROM EXTN ISQ	
	GRADE IV 3x30 sec	AROM EXTN +3°	
	↻ TIBIA (R) GRADE III 3x 30sec	AROM EXTN 0°	
	↓ TIBIA (R) GRADE IV 3x30sec	AROM EXTN -5° ≠ (L)	M.M.
m.m.mm	STG - ↑ FLXN		
	↑ TIBIA (R) GRADE 2 3x60sec	FLXN AROM 90°	
	↓ FEMUR (R) GRADE 2 3x60sec	FLXN AROM 110°	
	↓ FEMUR (R) GRADE IV 3x30sec	FLXN AROM 120°	M.M.

CASE STUDY: M7