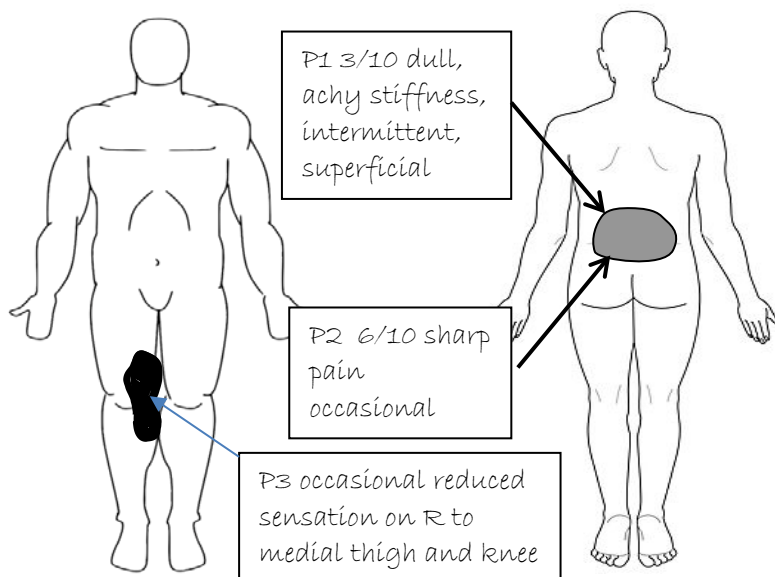




Name:
Initial Assessment Date:
Therapist:
Special Questions:
Headache -ve
P/N -ve
Numbness -ve
B/B -ve
C/S -ve
Saddle anaesthesia -ve

Address:	D.O.B:	Tel Number:	Email:
Medication: none		Occupation: delivery driver	GP:
Past Medical History (previous operations, accidents, illness, other health problems):			
Episodic NSLBP over last 3 years. Most recent flare up was 8/12.			
Sport / Exercise (type, level, position, competition, training (intensity, frequency, duration)):			
Cyclist - recreational usually at weekends. Likes to cycle for 3-4 hours at a time.			
Main Problem: lumbar pain and stiffness			
History of the present condition (when, activity, mechanism):			
Since March 2020 noticed a gradual onset of lumbar spine stiffness P1 (3/10 dull). Usually worse after long day of driving or after long cycle at weekends. Worse in flexion movements. P2 has also had gradual onset over past 4/52. Initially only 2/10 sharp but now up to 6/10 sharp. Worse in extension movements. P3 intermittent reduced sensation, occurs at the same time as P2.			
Aggravating:		Easing:	
P1 gradual worsening through the day. Immediate onset with sudden movements in to Flxn, Rot or SF P2 extn immediate 6/10		P1 1hour of heat, hot bath or 30mins after NSAIDs. P2 immediate movement out of extn	
Sleep: unable to sleep in prone due to P2, now sleeps on side. Pain will wake pt during movement but can return to sleep eventually +/- NSAIDs	Behaviour of Symptoms:		SIN:
	P1 OK O/W, gradually tightening and stiffness through the day, can be easily provoked with movement P2 only with extension		

Observation: Lordotic kyphotic posture, anterior pelvic tilt		Touch: Heat in central lower lumbar region	
Movement	Active	Passive	Resisted
Fl	↓ROM P1 EOR	✓P1 EOR	✓✓
Ext	↓ROM P2 EOR	↓ROM P2 MOR	✓P2 EOR
L Rot	↓ROM P1 EOR	↓ROM P2 EOR	✓✓
R Rot	↓ROM P1 MOR	↓ROM P2 MOR	✓✓
L Lat Fl	↓ROM P1 MOR	↓ROM P2 MOR	✓✓
R Lat Fl	↓ROM P1 EOR	↓ROM P2 EOR	✓✓
Muscles: Erector spinae as extensor P2 Erector spinae as side flexor P2 during test and P1 on release R/L Rectus abdominis - weak unable to achieve test position Obliques - weak unable to achieve test position R/L Iliopsoas R weak 75% of L Glute med weak R/L Glute Max weak R/L P2 immediate Hamstrings as hip extensor weak R/L P2 immediate			
Palpation: Erector spinae, QL, superior glute max and glute med, all bilaterally tight and tender to palpate PSIS to SIJ tender R/L Proximal hamstring tendon to sacrotuberous ligament tender bilaterally			
Ligaments:		Joints above and below: Txsp Extn P2 reduced ROM, Flxn ✓✓, Hip Flxn 80° pulling Lxsp R/L Hip Extn P2 R/L immediate 5° Hip MR pinch R/L ✓ Hip LR pulling through posterior hip R/L ✓	
Functional: Dermatome R medial thigh 90% of L R medial knee 75% of L Quads a group R weak 50% of L		Other tests: Slump +ve R/L R>L SLR +ve sciatic bias R/L R>L SL Stance R/L -ve Thomas +ve iliopsoas R>L SIJ compression, SIJ distraction, Thigh thrust -ve, Gaenslen +ve R/L, sacral thrust -ve	
Clients Name & DOB:			Date:
Sports Therapist:			Date:

Patient Name & DOB:

Level					
T ₉	✓✓	✓✓	✓✓	✓✓	✓✓
T ₁₀	✓✓	✓✓	✓✓	✓✓	✓✓
T ₁₁	✓✓	R>P	R>P	R>P	✓✓
T ₁₂	R>P	R>P	R>P	R>P	✓✓
L ₁	✓✓	R>P	R>P	P>R	R>P
L ₂	P>R	P>R	P>R	R>P	P>R
L ₃	P>R	P>R	P>R	P>R	R>P
L ₄	R>P	P>R	P>R	R>P	R>P
L ₅	R>P	R>P	R>P	R>P	R>P

Patient Name & DOB:

Aims: <i>reduce pain on extension & reduce muscular tightness/P1</i>	Date Achieved:
Long term goal (LTG): <i>Return to normal cycling training and driving pain free</i>	
Short term goals (STG): <i>1: reduce P2 on extension</i> <i>2: reduce P1 on prolonged sitting/driving</i> <i>3:</i> <i>4:</i>	
Objective Markers: <i>P2: AROM Extn</i>	

Date:	Treatment:	Outcome:	Signature:
	<i>Grade 2 Passive Physiological for Lumbar Rotation 3 x 2mins</i>	<i>AROM extension 4/10</i>	
	<i>Grade 4 lumbar traction with mulligan belt 6 x 30secs</i>	<i>AROM extension 2/10</i>	