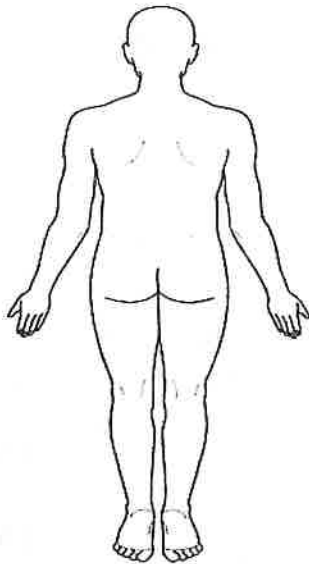
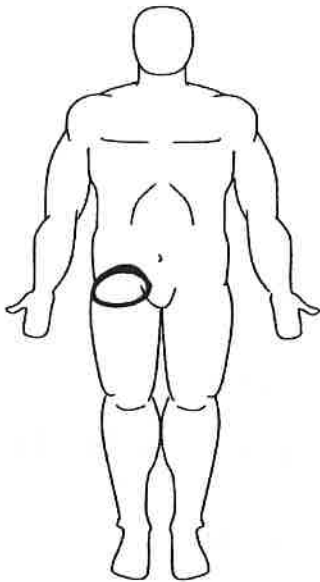




Name: MIA IPURTS

Initial Assessment Date: 14.11.17

Therapist: KEVANS/WILLIAM

Special Questions:

B+B ✓

G+S ✓

P+N ✓

GENERAL HEALTH ✓

Address: M M M M M		D.O.B: A.M.M	Tel Number: M.M.M.M.M	Email: M.M.M@M.M.COM
Medication: ASTHMATIC - VENTOLIN		Occupation: SECRETARY/ ADMINISTRATOR		GP: DR. M.M.M M.M.M M.M.M
Past Medical History (previous operations, accidents, illness, other health problems): LBP INTERMITTENT OVER PAST 3 YEARS PATELLAR TENDINOPATHY 8/12				
Sport / Exercise (type, level, position, competition, training (intensity, frequency, duration)): LONG DISTANCE RUNNER - TRAINING FOR HALF MARATHON IN 6/12. LONG RUN - SUN + WED ~ 10KM SHORT INTERVALS MON + THURS ~ 30MINS				
Main Problem: ② HIP STIFFNESS/SORENESS				
History of the present condition (when, activity, mechanism): GRADUAL ONSET NOTICEABLE SOW POST LONG RUN 3/12. FEELS 'TIGHT' 5/10 WITH REDUCED ROM. GENERAL ACHE AT NIGHT - WORSE AFTER RUNNING, 3/10				
Aggravating: LONG RUNS - NEXT MORNING ↑ STIFFNESS 5/10		Easing: REST, HEAT ~ 20MINS		
Sleep: ✓	Behaviour of Symptoms: ONLY AFTER LONG RUNS P1		SIN:	

P2 EVERY EVENING POST
RUNNING.

Observation: ANTERIOR PELVIC TILT LORDOTIC				Touch: NAD				
ROM:	A		P		R		ACCESSORY	
	R	L	R	L	R	L	R	L
FLXN	bRom ✓	✓	bRom/finch ✓	✓	✓	✓	AIP ↑ greater trochanter: ✓	✓
EXTN	✓	✓	✓	✓	✓	✓	PIA ↓ greater trochanter: bRom ✓	✓
ABD	✓	✓	✓	✓	✓	✓	PIA femur: ✓ stiff	✓
MR	bRom/finch ✓	✓	bRom/finch ✓	✓	✓	✓	AIP femur: ↓ Rom stiff	✓
LR	bght ✓	✓	tight ✓	✓	✓	✓	caudad ↔ stiff ✓	✓
							→ bone lat stiff ✓	✓
Muscles:								
glut soas	weak ✓	✓	glute max	✓	✓	add long	weak ✓	✓
rect fem	✓	✓	hamstrings	✓	✓			
TFL	✓	✓	add mag	weak ✓	✓			
glute med	weak ✓	✓	add brev	weak ✓	✓			
Palpation:								
ASIS	✓	✓						
AIIS	✓	✓						
iliac crest	✓	✓						
greater Trochanter	✓	✓						
Pubic Symphysis	✓	✓						
Ligaments:								
pubo femoral	finch ✓	✓						
ischio femoral	Pi finch ✓	✓						
ilio femoral	✓	✓						
Joints above and below:								
Functional:								
Other tests:								
Clients Name & DOB: MIA HUETS							Date: 14.11.17	
Sports Therapist: KWILLIAMS							Date: 16.11.17	