

PHYSICAL THERAPY EVALUATION SUMMARY

Client: Tiffany Anderson, DOB 8/22/70

Client Profile: female, age 43, occupation: student, sole caregiver for elderly family member. Reports variable left knee pain P= 3/10-9/10 with intermittent swelling and numbness due to work injury 6/29/11. Exercises at a fitness facility with a trainer regularly.

Medical History: Per client report: HTN, meniscus repair surgeries to left knee x2, emotional/stress problems, personal traumatic events in past.

Objective Findings:

Postural Alignment: neck rotated right, right shoulder depressed, right hip elevated, pelvis rotated right, right ASIS elevated, left ASIS depressed, both knees hyper extended, increased weight-bearing toward hindfoot bilaterally

Range of Motion:

Knee extension-flexion: > 0-135 degrees bilaterally

Cervical flexion: 35

Cervical extension: 30

Cervical rotation: R=60, L=55

Trunk rotation: 60 degrees bilaterally

Hip rotation, flexion, and extension WNL

Palpation: Dural Tube very tight from sacrum to occiput

Within normal range

normal = 45

normal = 75

normal = 80

normal = 90

Within normal range

Function: (per client report)

Sitting limited to 5 minutes due to increased symptoms

Standing limited to 5 minutes due to increased symptoms

Walking produces immediate increase of symptoms

Sleep: able with pain meds only

Assessment:

- **Clinical:** chronic, highly irritable, moderately severe myofascial restrictions and postural asymmetry in the areas of the cervical, thoracic, lumbopelvic, right upper extremity, right and left lower extremity, and spinal areas.
- **Functional Impairments:** range-of-motion, gait, ADLs, sleep, ability to work, symptom self-management and prevention
- **Other factors affecting rehabilitation potential:** complex medical history, unresolved work difficulties, unresolved financial and legal difficulties, and unresolved family difficulties.


Jeff Suckow, MPT

7-11-13
date