



## FTNS

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### LIVE PHYSIO CLINIC

**Name:** Mrs. Menna Megahed

**Assessment Date:** 9/11

The clinical assessment for Mrs. Menna revealed uneven shoulders, tightness in upper trapezius, rhomboids spasm and occipitalis muscle spasm that's why she has headache and some breathing problems.

In lower back and limbs, the assessment showed that she has piriformis spasm and gluteal muscle spasm and spine shifting due to muscle imbalance and pelvic tilting.

#### **Recommended program.**

It's recommended for the client to start a physiotherapy program of 6 sessions who will focus on spasm in trapezius and rhomboids and on releasing piriformis and gluteal muscle spasm and to regain mobility.