



FTNS

LIVEPHYSIO CLINIC

Name: Mr. Walid El sallab

Assessment Date: 4/11

The clinical assessment for Mr. Walid revealed Some limitation

- 1- In the right ankle, there is ankle sprain happened 8 days ago, so it makes some limitation in range of motion specially dorsiflexion, some pain in eversion.
- 2- limitation in Lower back mobility as he avoids using his lumbar region, there is no radiation in lower limbs because of 3 discs.
- 3- In the cervical area (HEAD), Rotation is limited, as well as extension, and side bending are limited in lower part due to 3 cervical discs.
- 4- Core assessment, there is weak core muscles.
- 5- In the upper back, there is some limitations in flexion and extension due to 2 thoracic disc.

RECOMMENDED PROGRAM:

it's recommended for the client to start a program of 12 physiotherapy sessions (3 times per week), to work on his Range of motion in ankle and neck and upper back and to work on core and to gain flexibility.

CAUTIONS:

- 1- Be careful with hyper extension in lower back.
- 2- Start with light weight in upper back.
- 3- Work on kyphotic posture and rounded shoulders.
- 4- Start working on flexibility