



FTNS

LIVE PHYSIO CLINIC

Name: Mrs. Yasmin Mahmoud

Assessment Date: 14/1/2023

The clinical assessment for Mrs. Yasmin revealed :

Upper back :

Right shoulder instability due to previous ligament injury.

Severe trapezius tightness, Rhomboid syndrome and pectoralis major tightness (duo to rounded shoulder) resulting chest pain and breathing difficulties.

Knee :

Muscle imbalance in lower limbs due to genu valgum (knock knees).

Lower back :

Anterior pelvic tilting and quadratus lumborum tightness.

Recommended program :

It's recommended for the client to start a physiotherapy program (6 Sessions at least) who will focus on upper and lower back complications to regain mobility.