

Name

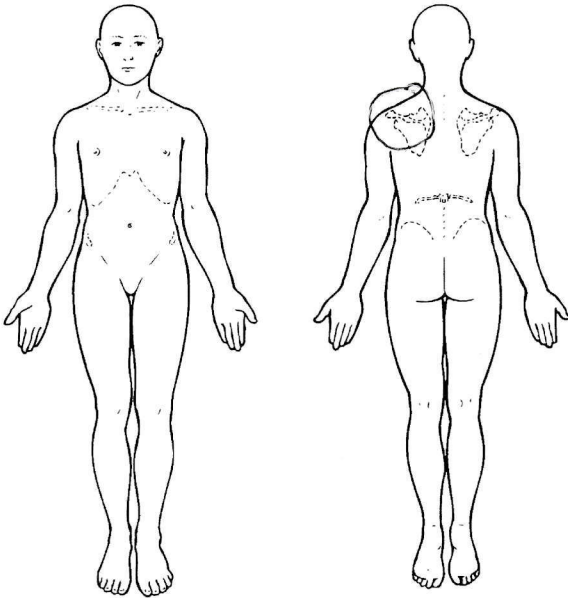
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**Body chart**

Trigger point - Trapezius  
& tightness in neck.



**HPC**

Started using weights - Jan/Feb 2019. came to clinic for massage for st. fitness in neck. Thought could be stress-related. Carries bags on left shoulder, sleeps on left side

Goes to gym - 5/7 - alternates sessions with weights & cardio

visited clinic 3 times since Jan/Feb & was given a programme of home rehab exercises.

Improving

Static

Worsening

**24-hour behaviour**

Clo P VAS 3/10 - in neck - all day  
neck pain VAS 1-2/10 at night

**Red flags/ Contraindications** / ~~X~~ ~~X~~ ~~X~~ ~~X~~ ~~X~~  
no cancers.

**PMH** Pulled Trapezius muscle - 12 months ago  
mild concussion - 1 month ago - during rugby training - hit head with another person.  
**Medications:**

none.

**Easing factors**

Self massage with a hockey ball - but condition keeps tightening up.  
Had a deep massage 2 weeks previous which helped ease tension.

**Social and family history**

carries bags on left shoulder  
sleeps on left side.  
regular gym work.

**Aggravating factors and functional limitations**

nothing in particular, still going to the gym regularly.

Drives car - but injury doesn't impact or isn't aggravated by driving.

Name of therapist KAREN ROCKES Signature of therapist KAROCKES

Signature of supervisor \_\_\_\_\_ Date 28/4/19