

Sample Case Synopsis, Patient

Operations Resource

Patient, 23y.o. Caucasian female, reports to the clinic with constant neck and upper back pain rated 7/10 and 4/10 that has been bothering her for the last 10 years but have gotten worse in the past year. Julia is a student and was travelling a lot this last year which has increased her neck/midback pain and tightness. Muscle tension and hypertonicity are found in the upper traps, scalenes, levator scap cervical paraspinals, and thoracic paraspinals T1-T9 bilaterally with segmental restriction at C1, C2, C3, C6, T1, T2, T5, T7, T10. Julia was referred to out clinic by her father, a current patient, and she is a **CHRONIC/SIMPLE** case as her complaints are 10 years in the making and she has few complicating factors. Rehab exercises will be performed with CMT at 3x week for 2 weeks then 2x/week, followed by re-exam.