

Bounce

PHYSICAL THERAPY
FOR KIDS

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Name:	DOB:	Date:
Visit #: 1		Progress Summary: n/a
Physician:	Diagnosis: Neck Pain, Torticollis	

Assessment	Long-Term Goals
<p>_____ presents with decreased mobility within cervical spine and B shoulder girdles limiting his ability for midline head positioning. Right head tilt and L plagiocephaly noted. ROM is full and preferred with R sidebending vs. 30° beyond midline with end range pain response for L sidebending. Rotation R is 50% that of the L with end range pain response. _____ is an independent crawler, who prefers weight shift L, with 50% of crawling with non-reciprocal pattern. This is due to weight shift from lateral tilted neck/head, placing center of mass more R. To compensate in crawling, he maintains weight L. In sitting, his trunk is laterally flexed L with apparent convexity of R rib cage. This is able to be corrected with handling and no asymmetry with posterior rib cage noted. Home program was started with strategies to improve strength of full body L lateral flexion and R spinal rotation. He requires PT with progressive HEP to gain full and symmetric cervical ROM and progress with timely developmental gross motor skills.</p>	<p>(4 weeks)</p> <ol style="list-style-type: none"> 1.) I of caregivers with home program for midline body and head positioning. 2.) Improve cervical rotation B to 90 degrees, without end range head tilt or pain response. 3.) Improve cervical sidebending B to 50 degrees, without end range head tilt or pain response. 4.) Improve supine with head in midline to independent during full spinal flexion including chin tuck. 5.) Improve midline head position while sitting to 50% of time. 6.) Improve crawl to reciprocal on level surfaces 75% of time.

Treatment Plan: Sessions 1-2 times per week for manual soft tissue release and AAROM for SB B and rotation B, strengthening of cervical spine and B shoulder girdles in a symmetric manner through developmental positioning and assisted transitions, progressive home program and caregiver education.

Thank you for this referral. If you have any questions about this patient, please call our office.

Provider: _____ Date: _____

Crystal A. Duda, MSPT Lic.# 020377

I certify that the above rehabilitative services are required and authorized by me.

Physician: _____ Date: _____

Changes to above treatment plan:

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