



Three-Session Treatment Plan

Client Name: AMBER STOTTE Date: 07/27/09

Strengths and Resources: LOWER BODY FEELS STRONG YOGA 2X/WEEK, 20 MIN. DAILY WALK

Presenting Complaints: LOCAL, INTENSE PAIN RHOMBOIDS (R) SIDE. CANT PLAY PIANO W/O PAIN.

Short, Long-term Goals: S: REDUCE SELF-REPORTED PAIN BY 50% L: PLAY PIANO 3x/WEEK W/O PAIN.

Therapeutic Objectives: RESTORE NORMAL R.O.M. IN (R) SHOULDER. NORMALIZE ANT. TILT "WINGING" OF SCAPULA.

Session 1: Preparing the Way

WARMING SUPERFICIAL POST./ANT. SHOULDER TISSUE PER CLIENT REQ. TO DECREASE PAIN SIGNAL.

Session 2: Exposing the Complaint

PELVIC BALANCING, PEC. MAJ./MIN. MYOFASCIAL WORK W/ ACTIVE + PASSIVE STRETCHING.

Session 3: Integration

PELVIC BALANCING, SPECIFIC PEC. MINOR RELEASE AT RIBS - 3,4,5. END W/ SWEDISH FOR PARASYMPATHETIC TONE.

Suggested Ongoing Maintenance:

EVERY 3 WEEKS TO INCLUDE SPECIFIC WORK TO PEC. MINOR. HOMEWORK: PEC. STRETCHES + COBRA YOGA POSE.

Client Signature: Amber Stotte Therapist Signature: Eric Stephenson

Note: Document is intended for use in conjunction with a thorough health history form