

CLIENT EVALUATION

Name	Wendy F, 38 years old	Occupation	Puppeteer/actor	Date	03/21/10
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MAIN PROBLEM

Tendinitis in the left shoulder

SYMPTOMS

When did the symptoms begin?	7-8 months ago
Suddenly/gradually?	Suddenly
Duration/frequency	Pain comes and goes
Character	Nagging pain deep in the shoulder joint
What makes them worse?	Swimming, certain yoga poses (weight bearing), pouring liquids (internal rotation with weight)
What makes them better?	Rest, massage, avoiding internal rotation
When do they occur?	Bad posture (shoulders rounded forward, slouching)
What's causing the problem? (client's perspective)	

LIFE IMPACT

Impact on daily activities	It's preventing her from exercising – swimming, yoga and she had recently started ballet.
Impact on rest/sleep	It doesn't interfere with sleep, but it can be irregular.
Impact on mood	She is frustrated. Had similar problems in the past with the other shoulder.
Impact on work	Sometimes feels the discomfort when she moves the puppets.
Current level of stress	Comes in waves, depending on deadline at work. She get severe tension headaches when it's high.
Current energy level	Uneven, up and down
Current level of activity	She likes to try new things (hence ballet), loves to swim (treats it like meditation in motion), attends yoga classes, but feels incapable of certain postures (esp. Down dog).

HEALTH HISTORY

Tension headaches (as often as 3x/week), tendinitis in R shoulder (went away after a year) – 2 years ago; tendinitis in R hip (went away after 2 years) – 9 years ago; Plantar fasciitis in L foot (very severe, 6 months in a cast), still aches sometimes; jaw tension. Takes 2 Ibuprofens /day for the past few weeks to reduce inflammation in the shoulder.
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STRUCTURAL OBSERVATION

	Cervical spine/Head	Head is displaced forward, leads with it; carries tension in the neck.
	Shoulders/Arms	L shoulder has limited mobility, esp. on raising the arm and external rotation, pain resonates into the elbow.
	Thoracic curve	Flattened; she self-corrects slouching by tensing the upper back.
	Lumbar curve	Exaggerated, prone to anterior rotation; no pain in the lower back.
	Hip position	Loose joints.
	Knee position	"Knocked" knees, sometimes they ache after inactivity.
	Ankles/Feet	Plantar fasciitis in L foot.

OTHER OBSERVATIONS

W. has been going to yoga classes regularly, sometimes her shoulder gets inflamed. She doesn't have much understanding of why we do specific asanas. Her tendency is to "breeze through" the practice to "get it done" She has a strong body/mind connection, but has very hard time moving with the breath. Her lumbar spine is very mobile and look very unstable, she has no awareness of the pelvic-lumbar rhythm. Movement of the arms seems to be disconnected from the movement of the torso, lack of integration. It appears that she overuses her Deltoids/Trapezius; as a result Latissimus Dorsi and Trapezius seem weakened. She has a tendency to lead with the head and has hard time relaxing her shoulders, even in Savasana with shoulders internally rotated.

Initial Evaluation: Wendy F.

1.		2-3 minutes	- L shoulder is off the ground and internally rotated. - Head is turned slightly to the left, L ear is closer to the shoulder.
2.		Arm raises to comfortable height. 3x each side.	Cannot raise the L arm up, painful. Lumbar spine arches significantly when she attempts to do it.
3.		Outward knee/arm movement. 4x	Limited range on the left side, has to stop mid-way.
4.		Apanasana. 4x	Pulls with her arms a lot, but no discomfort for the shoulder.
5.		Chakravakasana. 4x	Very limited mobility in thoracic spine, no pain. Has hard time bringing the elbows down first (coordination).
6.		Bhujangasana. 4x	Used to pushing with arms, shoulder discomfort. Main bend is happening in the lumbar, thoracic doesn't move much
7.		Vajrasana with arms out to the sides. 4x	Cannot raise the arms up, only about half-way. Hesitant about external rotation in the shoulder.

General Strategy:

Increase stability in the structure (esp. lumbar area) - Strengthen postural muscles, esp. upper back and core - Link arm movement to breath-spine-torso relationship - Increase circulation to the shoulder joint without aggravating it, gradually increase range of motion - Link her awareness to intention behind poses - Conscious movement.

Asana: Strengthen musculature of the back with back bends (erectors) and pulling motion (Lats) - Gradually increase external rotation capacity in her shoulders - Move from the center, not the extremities.

Pranayama: Deepen the breath - Link breath and movement - Use the breath to animate the spine.

Other: Learn to relax the jaw, facial muscles, neck and upper back areas