

## SUMMARY OF FINDINGS

Below is an overview of [REDACTED] critical findings and recommendations from PreventPT's musculoskeletal orthopedic movement assessment.

OBSERVATIONAL FINDINGS		
RATING	MOVEMENT	RECOMMENDATIONS
1	Forefoot varus with non locking right midfoot	Obtain custom orthotic to correct the bony foot posture
2	Quad and ITB Tightness	Pass Thomas test with normal quad and ITB mobility
3	Loss of right knee hyperextension	Improve from -3° to 0 to +2 degrees and rule out growth plate injury through xrays
4	Core and arch strength deficits	Pass FMS rotary stab test, core pushup test, and improve arch strength
5	Knee valgus (knee turning in) with gait, single limb squat, double leg jump, single leg hop/jump	Achieve above, build strength base in functional patterns, progress to power training and apply in jumping patterns

[REDACTED] has completed extensive testing including the **Selective Functional Movement Assessment (SFMA)**, **Functional Movement Screen (FMS)**, strength tests, gait assessment, and flexibility tests designed to determine her musculoskeletal status as related to her ongoing history of bilateral knee pain and her ability to participate in cross country. The most critical findings are noted above and recommendations for improvement are suggested.

Clinical presentation for [REDACTED] bilateral knee pain could be consistent with a problem in the distal femoral growth plate as red flags exist with loss of right knee range of motion and non-reproducible knee pain in the clinic with typical objective testing. Because of this PreventPT recommends that she see her medical doctor to obtain x-rays to rule out more severe causes of her knee pain.

Participating in competitive sport is not recommended until X-rays are obtained and the potential for more severe conditions are ruled out. Concurrent training for the above recommendations can take place in the meantime. If X-rays are negative then participation in sport can occur per [REDACTED] tolerance of pain through the end of the cross country season while she engages in corrective exercises for the identified deficits. Once the season is completed then [REDACTED] will have the opportunity to fully rehabilitate the injury to prepare her for a successful track season in the spring.

