

**Athletic Trainer/Therapist Note**

**Player's Name:** Ericsson, Jonathan  
**Date:** 2006-09-30  
**Created By:** Baumann, Russ  
**Finalized:** Yes  
**Finalized Date:** 2008-07-24  
**Progress:** No

**Related Events/PPME/Exit Examinations:**  
2006-09-28 EST Non-specific low back pain /  
mechanical pain  
PPME 2016-09-22 Arizona

**ICE**

20 min  
CP

**IFC**

IFC

**Time:**

20 min

**Frequency:**

80-150

**Subjective:**

Slight improvement today. Stiff in low back upon awakening.

**Objective:**

Hip flexor stretching, TA x10, pelvic tilts x 10, RS ex's, UBE x 10 min. No skating today.

**Assessment:**

Feels better after he gets more active and the day progresses.

**Plan:**

Continue.

**Attached Files:**