

Athletic Trainer/Therapist Note

Player's Name: Ericsson, Jonathan
Date: 2006-10-10
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 2008-09-19 San Jose

ICE

15 min
CP post ther ex and skate

Manual Therapy

Manual stretches for hip flexors with hip add and trunk side bend to opposite side. Rectus Femoris stretches prone at side of table with opposite leg on floor.

Thermotherapy

MHP x 20 min

Exercises

Bike, SKTC x10, DKTC X 10, Quadraped opposite arm/leg, TA x10, PT x 10.

Subjective:

No adverse rxn following yesterdays skate.

Objective:

Increased todays skate to approx 30-35 min. Ther ex, mod, and manual stretches as above.

Assessment:

No problems with again on the ice.

Plan:

Cont with stretches and exercises, progress with time on the ice.

Attached Files: