

Athletic Trainer/Therapist Note

Player's Name: Ericsson, Jonathan
Date: 2006-10-04
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 2007-09-13 Craig Brewer

ICE

20 min
CP

Thermotherapy

MHP 20 min

Subjective:

Jonathon reports not feeling any better today after experiencing LBP with skating yesterday.

Objective:

No skating today. Mod as above, SKTC 10, DKTC 10, TA 10, PT 10, dead bug 10 x, Opp leg and arm in 4 point 10, bike x 20 min.

Assessment:

Tolerating off ice workouts well. Small reaction to the skating yesterday.

Plan:

Cont to progress with off ice workouts and rehab.

Attached Files: