

Case Study

Patient Scenario:

- 32-year-old female with reports of right shoulder pain
- Insidious onset but worsening over past 3 mos.
- Radiographic imaging is negative
- Pain gets worse with reaching behind her to the backseat of her car, fastening her bra, and participating in her weightlifting class at the gym

SFMA:

- Cervical: Dysfunctional Non-Painful all patterns
- UE 1: R=Dysfunctional Painful, L=Functional Non-Painful
- UE 2: R=Dysfunctional Painful, L=Dysfunctional Non-painful
- MSF: Dysfunctional Non-Painful
- MSE: Dysfunctional Painful
- MSR: R=Dysfunctional Painful, L=Dysfunctional Non-Painful
- SLS: Functional Non-Painful both sides
- Squat: Dysfunctional Non-Painful

1) Choose a pattern or movement to change and educate your mentor on your “why” as if they are the patient.

2) Perform technique to change movement on your mentor.

3) Pick one more intervention or pattern if your previous technique was unsuccessful and perform on your mentor.