

S: Pt c/o acute p! over his posterior neck. Pt is a wrestler. Pt was rolling with a teammate during practice and yelled out in p! when he was rolled over his head. Pt described feeling his head forced into hyperflexion. Pt described p! as sharp and rated it as a 6/10. Pt did not have any numbness or tingling down the torso or in the extremities. Pt has no hx of neck injuries. Pt reported no other symptoms.

O: Pt had no bruising, or swelling or obvious deformity present. Pt was tender to palpation over musculature of the posterior neck. Pt was not tender over the spine.

Pt had soreness and p! with active neck forward flexion and lateral flexion. No p! with active rotation. Pt felt a stretch with passive neck forward flexion. No abnormal findings with passive neck lateral flexion or rotation. P! increased with resisted neck extension and lateral flexion. MMT of the upper trapezius showed some p! and 5/5 strength.

A: Pt has possible strain of the extensor neck muscles.

Problem List: P! and spasm of neck muscles. Decreased p! free ROM.

Diff dx: neck muscle strain. Disc herniation

Working dx: neck muscle strain.

P: Pt will be removed from play to ice for 30 mins. Pt will re-evaluated the next day and modifications to participation will be made.

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