

Whalen Symposium
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Case Report: Abstract
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Upper crossed syndrome and lateral epicondylagia are musculoskeletal disorders common in today's college population, particularly tennis athletes. This case report describes a multifaceted approach and the outcome for a 19-year-old with both conditions bilaterally. Function was assessed using the Disability of the Arm, Shoulder and Hand (DASH), the Patient Rated Tennis Elbow Evaluation (PRTEE), the Upper Limb Functional Index (ULFI), and the Patient Specific Functional Scale. The patient received physical therapy twice per week for one-hour sessions, for five weeks. Interventions focused on manual therapy to the involved areas, and therapeutic exercise to encourage strength and a return to normal function. The scores for the patient reported outcomes are awaiting their final completion with the patient's last visit this week. As of now the patient has self-reported an improvement in symptoms and increased function. The outcomes of this case report seek to demonstrate successful use of manual therapy techniques to treat musculoskeletal conditions along with the possible effects of kinesio-tape on patient function and perceived pain. This can be useful for reason for future studies and to provide as a possible guide for future clinical reasoning.