

All notes

Medical Warning

Reminders/Notifications

Mr Dane Tiffin - Kings Meadows
Thu, 28 Sep 2023 9:45 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB improving, LHS mainly, has had some heavy days on the farm

Assessment Findings:

Confirmed presenting

Treatment:

DT/CF release LB/Glute/QL focus, Ortho L5 release, hamstrings released, light calves work,

Post Treatment:

Released well the muscle well, but very slow to get up off the table.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 14 Sep 2023 8:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB improving, LHS mainly slight issue, tight legs

Assessment Findings:

Confirmed presenting

Treatment:

DT/CF release LB/Glute/QL focus, Ortho L5 release, hamstrings released, calves included with IASTM

Post Treatment:

Released well, improved.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Sep 2023 8:00 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS LB/SIJ pain has relieved from previous treatment mild sciatic symptomatic on RHS now

Assessment Findings:

Confirmed presenting

Treatment:

DT/CF release LB/Glute/QL focus, Ortho L5 release, hamstrings released

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 31 Aug 2023 8:00 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS LB/SIJ pain, mild sciatic symptomatic

Assessment Findings:

Confirmed presenting

Treatment:

DT/CF release LB/Glute/QL focus, Ortho L5 release

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 11 Nov 2022 9:57 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS tightness, LB focus t, LHS knee pain, struggling on knee flexion, pain present posterior knee

Assessment Findings:

Confirmed presenting, LHS hamstring, posterior knee, and LB vt LHS

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Hamstrings/calf release, popliteus, gastroc release IASTM included

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 10 Oct 2022 1:04 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS tightness, LB focus t, LHS knee pain, struggling on knee flexion, pain present posterior knee

Assessment Findings:

Confirmed presenting, LHS hamstring, posterior knee, and LB vt

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Hamstrings/calf release, popliteus, gastroc release IASTM included

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 26 Sep 2022 1:59 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS tightness, LB focus t, LHS knee check

Assessment Findings:

Confirmed presenting, LHS hamstring, posterior knee feeling looser, overall improved

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Hamstrings/calf release, popliteus, gastroc release IASTM included

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 15 Sep 2022 11:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS knee dramatically improved, not being an issue anymore, General BNS tightness, LB focus

Assessment Findings:

Confirmed presenting, LHS hamstring, posterior knee feeling looser, overall improved

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Hamstrings/calf release, popliteus, gastroc release IASTM included

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 1 Sep 2022 11:31 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB stiffness today, tx sore, LHS LB mainly, LHS posterior knee pain

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Hamstrings/calf release, popliteus, gastroc release IASTM included

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

LHS knee posterior, feeling restriction at the back on knee flexion

Mr Dane Tiffin - Kings Meadows
Mon, 15 Aug 2022 1:03 pm - Edited by Dane 15/8/22 01:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB stiffness today, tx sore, LHS LB mainly

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

LHS knee posterior, feeling restriction at the back on knee flexion

Mr Dane Tiffin - Kings Meadows
Fri, 22 Jul 2022 9:45 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB stiffness today, tx sore, LHS LB mainly

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 15 Jul 2022 2:44 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB stiffness today, tx sore

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone

Post Treatment:

Released well, slow to get off table as usual

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 24 Jun 2022 10:28 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB stiffness, overall managing well

Assessment Findings:

Confirmed presenting, Improving still, R lateral rotation needs improving

Treatment:

DT/POS release with cf techniques in prone full LB focus, myofascial slide cupping, QL/Glute med, Ortho L5 in prone, Neck included, supine anterior neck/scalenes/scm release (Focused)

Post Treatment:

Improving still, going well, lateral rotation showing improvements

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 9 Jun 2022 9:46 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall feeling much better, still has pain but much more manageable

Assessment Findings:

Confirmed presenting, Improving still, R lateral rotation needs improving

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med, Ortho L5 in prone, Neck included, supine anterior neck/scalenes/scm release (Focused)

Post Treatment:

Improving still, going well, lateral rotation showing improvements, L moreso,

Notes/Extras/Advice

Supine for chest/sh/neck next treatment for rotational cervical - R side needs more work

Mr Dane Tiffin - Kings Meadows
Thu, 2 Jun 2022 9:48 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall feeling much better, still has pain but much more manageable

Assessment Findings:

Improved from previous week, feeling better, Neck/chest/sh needs lots of work

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med, Ortho L5 in prone, intercostals, deep TX release, Neck included, supine chest/sh fascial release, anterior neck/scalenes/scm release, rotational MET

Post Treatment:

Improving still, going well

Notes/Extras/Advice

Supine for chest/sh/neck next treatment for rotational cervical - STARTING POSITION

Mr Dane Tiffin - Kings Meadows
Thu, 26 May 2022 11:31 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP/HIP pain, improving, freeing up still

Assessment Findings:

Improved from previous week, feeling better

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med, Ortho L5 in prone, Myofascial slide cupping LB, intercostals, deep TX release, Neck included

Post Treatment:

Improving still, going well

Notes/Extras/Advice

Supine for chest/sh/neck next treatment for rotational cervical

Mr Dane Tiffin - Kings Meadows
Thu, 19 May 2022 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP/HIP pain, HF tightness, improving, freeing up

Assessment Findings:

Improved from previous week, feeling better

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med/SIJ release, Glute min/med from prone, Ortho L5 in prone, Myofascial slide cupping LB, B sh anterior/biceps release neck/sh/traps deep release, tx

Post Treatment:

Improving still, going well

Notes/Extras/Advice

Recommended follow up weekly

Mr Dane Tiffin - Kings Meadows
Thu, 12 May 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP/HIP pain, HF tightness, Tender from previous, Has some sh pain on B to address

Assessment Findings:

Improved from previous week, feeling better

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med/SIJ release, Glute min/med from prone, Ortho L5 in prone, Myofascial slide cupping LB, B sh anterior/biceps release neck/sh/traps deep release, tx

Post Treatment:

Improving still, slow off table

Notes/Extras/Advice

Recommended follow up weekly, B sh to check neck treatment

Mr Dane Tiffin - Kings Meadows
Mon, 2 May 2022 3:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS LBP, HIP pain, HF tightness, Tender from previous, Has some sh pain on B to address

Assessment Findings:

Very tender/slow to move, HF VT, LB overall VT, RHS moreso, B QL, improved from previous week

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med/SIJ release, Glute min from prone, HF/Ortho release with PRT, Ortho L5 in prone, Myofascial slide cupping LB

Post Treatment:

Improving, slow off table

Notes/Extras/Advice

Recommended follow up weekly, B sh to check neck treatment

Mr Dane Tiffin - Kings Meadows
Thu, 28 Apr 2022 2:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Initial - RHS LBP, HIP pain, HF possibly, subjectively thinks it is sciatic pain

Assessment Findings:

Very tender/slow to move, HF VT, LB overall VT, RHS moreso, B QL

Treatment:

DT/POS release with cf techniques in prone full LB focus, QL/Glute med/SIJ release, Glute min from prone, HF/Ortho release with PRT, Ortho L5 in prone

Post Treatment:

Feeling alright, Slow to move off of table, too early to tell

Notes/Extras/Advice

Recommended follow up weekly for another 3 weeks
