

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Preventive Maintenance
L SH weakness, L Scap weakness
Postural Imbalance

Student

Bodybuilding as a Hobby

Reminders/Notifications

'05 Red WRX

Mr Dane Tiffin - Kings Meadows

Thu, 10 Aug 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Feeling uneven throughout hips, generalised check BNS, HF/LB to check

Assessment Findings:

Confirmed presenting, LHS HF/TFL/PSOAS vt, RHS not so much, LHS glute tightness

Treatment:

DT/POS release with cf techniques in prone full BNS release, anterior delts/biceps release, B hips/glutes/QL release, HF/TFL release

Post Treatment:

Released well

Notes/Extras/Advice

Recommended physio - Zac Young for hip issues, Possible LHS glute weakness/imbalance

Mr Dane Tiffin - Launceston

Fri, 7 Jul 2023 3:15 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS rib issues arised again, pain in breathing, sharpness, saw chiro and was able to improve but muscular tightness still present

Assessment Findings:

Confirmed presenting, LHS lat vt, chest vt, intercostals t

Treatment:

DT/POS release with cf techniques in prone full BNS, trap/chest/sh release focused, anterior delts/biceps, LHS intercostals, Thoracic focus, myofascial slide cupping incorporated, supine positioning with lat release in sh flexion

Post Treatment:

Released well, improved overall,

Notes/Extras/Advice

Stay away from upperbody strenuous activity periodically 1-2w

Mr Dane Tiffin - Kings Meadows
Thu, 8 Jun 2023 7:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General DOMS from gym, Currently dieting, energy is lower than usual..

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS, trap/chest/sh release focused, anterior delts/biceps

Post Treatment:

Released well, going well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 11 May 2023 7:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General DOMS from gym, Currently dieting, energy is lower than usual..

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS, trap/chest/sh release focused, anterior delts/biceps

Post Treatment:

Released well, going well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 23 Feb 2023 3:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Chest soreness, general DOMS from gym

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS, trap/chest/sh release focused. RHS also treated, anterior delts/biceps

Post Treatment:

Released well, going well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 16 Jan 2023 1:03 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been deloading from gym lately, applying for lots of jobs,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated, anterior delts/biceps

Post Treatment:

Released well, going well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 5 Dec 2022 1:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Back soreness today, calf tightness from mudrun, chest/sh t

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated, LHS sh B released, anterior delts/biceps,

Post Treatment:

Released well, feeling better.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 14 Nov 2022 2:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Sore neck from wrestling, RHS moreso, lateral flexion to the left it pulls

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated, LHS sh B released, anterior delts/biceps.. neck focus today, LS, anterior released

Post Treatment:

Released well, feeling better, improved 80%

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 24 Oct 2022 3:33 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Today, Sh going well, Hasn't been pressing, Has been doing corrective exercises before or after training

Assessment Findings:

Confirmed presenting, sh feeling better

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated, LHS sh B released, anterior

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 10 Oct 2022 2:03 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Had worms a month ago, lost weight, LHS sh also got dislocated 2w ago, then got tonsilitis, lots of antibiotics, Quite sore now, LHS sh, general

Assessment Findings:

Confirmed presenting.

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated, LHS sh B released, anterior

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 11 Aug 2022 3:33 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Doing more exercises for external rotations, feeling a lot more stable in sh, still awared of tightness LHS

Assessment Findings:

Confirmed presenting.

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/sh release focused. RHS also treated

Post Treatment:

Released well, Sitting evenly.. going well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 14 Jul 2022 3:36 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS sh feels tight lately, Lateral,posterior delt grab in sh flexion, hand behind head.

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/lats/sh release focused. RHS also treated

Post Treatment:

Released well, Sitting evenly.. going well, tender

Notes/Extras/Advice

Stopped doing rotator cuff exercises a lot, only once a week.. recommended to do 5-10 minutes before every sessions 5x per week

Mr Dane Tiffin - Kings Meadows
Thu, 16 Jun 2022 2:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Been doing exercises for rotator cuff, Staying away from bench while doing exercises, General preventative

Assessment Findings:

Improved shoulder positioning confirmed, overall improvements

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/lats/sh release

Post Treatment:

Released well, Sitting evenly.. going well

Notes/Extras/Advice

Cleared for Pressing on chest/sh

Mr Dane Tiffin - Kings Meadows
Mon, 30 May 2022 3:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Been doing exercises for rotator cuff, Staying away from bench while doing exercises, LBP lately.,

Assessment Findings:

Improved shoulder positioning confirmed, overall improvements

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/lats/sh release

Post Treatment:

Released well, Sitting evenly.. Follow up in 2w

Notes/Extras/Advice

Serratus exercises recommended, Scap pullups/scap dips

Mr Dane Tiffin - Kings Meadows
Mon, 16 May 2022 2:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Bulking at the moment, LHS infra weakness, LHS sh rolling forward

Assessment Findings:

LHS trap, chest/sh subscap/lat tightness anteriorly rotating shoulder forward,

Treatment:

DT/POS release with cf techniques in prone full BNS LHS trap/chest/lats/sh/subscap release focus

Post Treatment:

Released well, Sitting evenly.. Follow up in 2w

Notes/Extras/Advice

Postural exercises recommended, LHS focus, Strengthen Rhomboids/mid/lower traps, External rotators, abstain from anterior pressing movements while completing corrective exercise

Mr Dane Tiffin - Kings Meadows
Thu, 21 Apr 2022 3:06 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative today, No issues

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+chest General maintenance

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 20 Jan 2022 3:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L posterior knee tightness last week, calves tight from training, Overall general stiffness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+legs General maintenance

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 30 Sep 2021 8:33 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L sh feeling weaker, unstable. General maintenance

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques included in prone, BNS, supine release on Chest/sh

Post Treatment:

Released well

Notes/Extras/Advice

Unilateral exercises to be incorporated in gym routine for balance out strength discrepancy from L to R

Mr Dane Tiffin - Kings Meadows
Fri, 3 Sep 2021 9:51 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Got licence! Had pfizer vaccine 2-3w, feeling weakness in L sh

Assessment Findings:

General maintenance

Treatment:

DT/POS release with cf techniques in prone, Full BNS+supine in chest/sh

Post Treatment:

Feeling better, Not sore now

Notes/Extras/Advice

Wanting to find training program, Avoid weight training post massage

Mr Dane Tiffin - Kings Meadows
Thu, 10 Jun 2021 3:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going good, Hasn't been able to train as often as usual, L sh slightly t, but not as bad

Assessment Findings:

General tightness, Tx, cx, chest/sh t, lats L t

Treatment:

DT/POS released in prone, tx,cx with cf techniques, supine release for chest/sh, fascial dt released

Post Treatment:

Tender post treatment, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 27 May 2021 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Tender from previous treatment for 2 days, Legs have DOMS, Shoulders have improved, feeling smoother with movements

Assessment Findings:

General tightness Upper tx, rhomboids, lats chest

Treatment:

DT/Positional release, cross fibre techniques, IASTM chest/lats incorporated

Post Treatment:

Released well, feeling a little tender

Notes/Extras/Advice

drink some water, eat a bit more protein for muscle recovery
