**Tarrengower Remedial Massage**

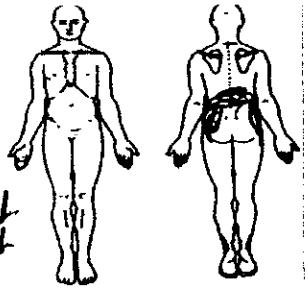
**CLIENT RECORD: Follow-up Consultation**

Last Name: HUDSON First Name: SAM Date 2/11/23

Area Being Treated LxC/Hips Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y (N)
If yes

Response to previous treatment (+'ve, -'ve ISQ): +'ve
a little tender post appointment



(L) HIP worse than (R)
G.Mod
G.Max
TFL
QL

**Client consent for treatment**

Please sign L Hudson. Date

**OBJECTIVE** EXAMINATION:

Observation:
Sam is aware of 'clunk' in (L) HIP. Has been assessed by Orthopaedic Surgeon

Palpatory **Assessment:**

**Treatment:**
MFRT - illio costalis, QL, GMed, GMax, TFL
DiP HTiP GMax, Piriformis, GMed

Reassessment & Postural **Improvements:**
SLR L 90° R (Block)
R 90°
HIP Flex L 90° R (Block)
R 90° R (Spring)
HIP IR L 10° R (Spring)
R 10° R (Spring)

Motion tests (Active, Passive, Resisted, Special Tests):
SLR L 90° R (block).
R 90° PB.
HIP Flex L 90° (ext. rotn)
R 90° (ext rotn.
HIP IR L 10° R (Spring)
R 10° R (Spring)
ER L 30° R (Spring)
R 30° R (Spring)

Advice & Corrective Exercises:
(L) Leg abducted over R
→ leg extension
→ Rotate (L) foot internally
→ Daily 2 sets 6 reps

Next Treatment/Management Plan: Next Week (booked)