Tarrengower Remedial Massage

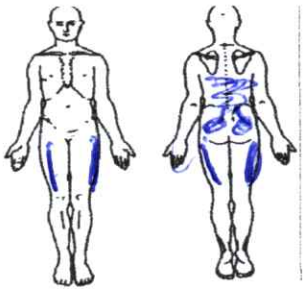
CLIENT RECORD: Follow-up Consultation

Last Name: Shepherd First Name: Alem Date 7/9/23

Area Being Treated LBP/ ITB. Current Presentation LOOTRADIOPS:

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

Response to previous treatment (+'ve, -'ve ISQ): +ve



Sore side of legs - ITB & lower back

Client consent for treatment

Please sign Date

OBJECTIVE EXAMINATION:

Observation: Swelling still evident on (R) Shoulder (Infraspinatus)

Palpatory **Assessment:**
Glute Max Hypertonic
ITB 'Ropey' & tender
Piriformis Hypertonic

Treatment:
MFT: ilio costalis, QL, Glute Med, glute max, TFL
PLS Piriformis
ITB Cupping

Reassessment & Postural **Improvements:**
SLR L 80° S. @ H/S
R 80° S. @ H/S

Motion tests (Active, Passive, Resisted, Special Tests):
SLR L 70° S@ H/S
R 70° S@ H/S.

Hip Flex L 115° R (Spring)
R 115° R (Spring)

OBERS L - ve
R - ve

Advice & Corrective Exercises:
→ See GP re swelling on (R) Shoulder
- Supine glute Stretch
- Crab walk with resistance band
- Piriformis Stretch

Next Treatment/Management Plan: As needed.