

Tarregower Remedial Massage

CLIENT RECORD: Follow-up Consultation

Last Name: HEATHCOTE First Name: Fiona

Date 12/9/23

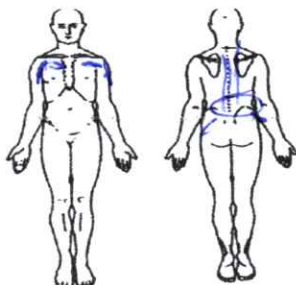
Area Being Treated Neck/Shoulders

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y/N

If yes _____

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



LB - Blurring from new Backpack

Client consent for treatment

Please sign

Date

OBJECTIVE EXAMINATION:

Observation:	Motion tests (Active, Passive, Resisted, Special Tests): <u>Neck Shldr IR L ✓ x2</u> <u>R ✓ ✓</u> <u>Shldr abd L 90° S, @ triceps</u> <u>R 90° P, @ ant delt</u>
Palpatory Assessment: <u>White Med Hyperkemic</u>	<u>Hawkins Kennedy R -ve</u> <u>Empty can test - R -ve</u> <u>Shldr flex L 135° P, @ ant delt</u> <u>R 135° P, @ ant delt</u>
Treatment: <u>MFR - QL, iliocostalis,</u> <u>longissimus, semi spialis, U/L</u> <u>Lev scap, White Med</u> <u>OIP MT, P, infra Lev scap,</u> <u>C Joint Mob White Med.</u>	<u>Cx Retn L 80° P, @</u> <u>R 60° P, @ U/T</u>
Reassessment & Postural Improvements: <u>Cx Retn R 80° P, @ U/T</u> <u>Shldr abd L 135° P, @ Pector</u> <u>R 95° P, @ br.</u> <u>Shldr flex L 165° P, @ ant delt</u> <u>R 150° P, @ ant delt</u>	<u>Advice & Corrective Exercises:</u> <u>Cx Stretch</u> <u>Pec Minor Stretch</u>

Next Treatment/Management Plan:

2 weeks (booked)

Trip to Japan in 2 weeks

→ need Flight Stretches