

# Tarregower Remedial Massage

## CLIENT RECORD: Follow-up Consultation

Last Name: BROMAGE First Name: JUDY

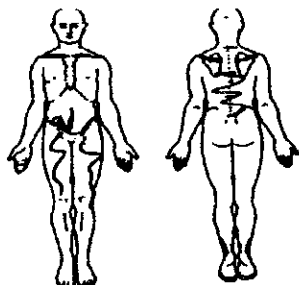
Date 3/11/22

Area Being Treated Lx/Tx/HIPS Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y

If yes \_\_\_\_\_

Response to previous treatment (+ve, -ve/SQ): 100



Iliacus  
psoas  
Rec Lem

Tx - longissimus  
& rhomboids

### Client consent for treatment

Please sign \_\_\_\_\_

Date \_\_\_\_\_

### OBJECTIVE EXAMINATION:

<p>Observation: <u>Pinching at inguinal lig?</u> <u>→ the psoas tendon Hypertonic?</u></p>	<p>Motion tests (Active, Passive, Resisted, Special Tests): <u>HIP Flex L 100° R @ inguinal lig</u> <u>R 120° R Spring</u></p>
<p>Palpatory Assessment: <u>longissimus Hypertonic</u></p>	
<p>Treatment: <u>MRT the costals, longissimus</u> <u>Rec Lem, iliacus, Psoas Maj</u> <u>PBS Rec Lem (difficult)</u> <u>DIP</u></p>	<p>Advice &amp; Corrective Exercises: <u>Sleep on @ Side knee &amp; Hs</u> <u>Flexed &amp; pillow under neck</u> <u>Spiky Ball post massage day.</u></p>
<p>Reassessment &amp; Postural Improvements: <u>HIP Flex L 120° R (Spring)</u> <u>R 120° R (Spring)</u></p>	

Next Treatment/Management Plan: email Clare re sleeping advice  
and spiky ball advice done

\* Glute Med is tight