Tarrengower Remedial Massage

CLIENT RECORD: Follow-up Consultation

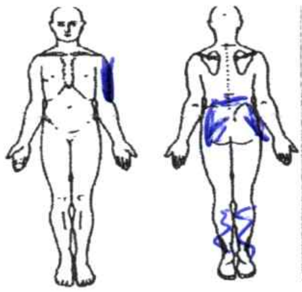
Last Name: GUDGEON First Name: BRONWYN Date 31/8/23

Area Being Treated HIPS

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y (N)

If yes ______



Ⓛ ARM - ext rotation, delt, infra teres minor

Calves

Piriformis

Hips

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

Client consent for treatment

Please sign [signature] Date 31/8/

OBJECTIVE EXAMINATION:

Observation:
Bronwyn seemed to be more sensitive to pain than previous appointments

Palpatory Assessment:
Post Deltoid Ⓛ Tender

Treatment:
MFTT iliocostalis, longissimus, semi spinalis, lat dorsi, infra supra, ✓ Deltoids, Glute med, Lev scap, GASTROC, H/S, Glute Max
DIP MTRP - Teres Minor, Piriformis

Reassessment & Postural Improvements:
Shldr abd L 180° S, @ lat dorsi

Motion tests (Active, Passive, Resisted, Special Tests):
Resisted shoulder ext rot L x3 x3
R ✓ ✓
Resisted shoulder int rot L ✓ ✓
R ✓ x2.

Shldr abd L 165° S, @ lat dorsi
R 180° PB

Advice & Corrective Exercises:
Resistance band - ext. & int. Shoulder Rotations x 10
→ Hold for 5sec, 5sec release

Next Treatment/Management Plan: 3 weeks (booked)