

Tarregower Remedial Massage

CLIENT RECORD: Follow-up Consultation

Last Name: McDougal First Name: Brandon

Date 25/9/23

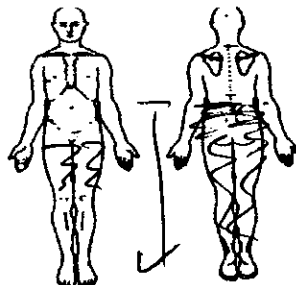
Area Being Treated Hip/Glutes

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y

If yes _____

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



Fractured Cricoid
playing footy
- 6 weeks off activity
Started running again
5km
→ loosen up

Client consent for treatment

Please sign _____

Date _____

OBJECTIVE EXAMINATION:

Observation:	Motion tests (Active, Passive, Resisted, Special Tests): <u>Hip Flex L 90° PB</u> <u>R 90° PB</u>
Palpatory Assessment:	Thomas Test <u>L +ve</u> <u>R +ve</u>
Treatment: <u>MFTT iliocostalis, GMax, GMed</u> <u>H/S, Calves, Rect Fem, Vast Lat,</u> <u>Vast Med</u> <u>PS Psoas, Piriformis, Rect Rect Fem</u>	Advice & Corrective Exercises: <u>TAE Stretch</u> <u>Glute Bridges</u> <u>Rect Fem Stretch</u>
Reassessment & Postural Improvements: <u>Hip Flex 100° PB</u>	

Next Treatment/Management Plan: Recommended 2-3 weeks