

# Tarregower Remedial Massage

## CLIENT RECORD: Follow-up Consultation

16/9/23

Last Name: RIDE First Name: JO

Date 16/8/23

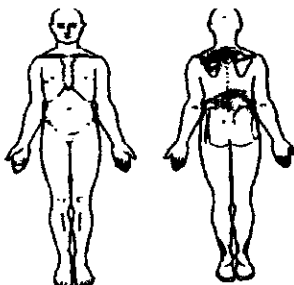
Area Being Treated Shoulder

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y ☒ N

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

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



\* Kidney Cysts \*

LBP → Glutes, TLF

### Client consent for treatment

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

Date \_\_\_\_\_

### OBJECTIVE EXAMINATION:

|                                                                                                                                                                           |                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Observation:</p>                                                                                                                                                       | <p>Motion tests (Active, Passive, Resisted, Special Tests):</p> <p>Lx Flex Knee S. @ TLF</p> <p>Lx Lat Flex L 1cm ↑ knee S. @ QL?</p> <p>R Knee PB.</p> |
| <p>Palpatory Assessment:</p> <p>Glute Med, Glute Max, Piriformis Hypertonic B/L</p>                                                                                       | <p>Advice &amp; Corrective Exercises:</p> <p>Piriformis Stretch 2 sets 2 reps</p> <p>Glute Bridges x5</p> <p>Supine glute stretch 2 sets 2 reps</p>     |
| <p>Treatment:</p> <p>MFRT ilio costalis QL, longissimus lev Scap, VM, Lat Dorsi, Supraspinatus, Glute Med, Glute Max TLF, DIP MTRP Supra, lev Scap P&amp;S Piriformis</p> |                                                                                                                                                         |
| <p>Reassessment &amp; Postural Improvements:</p> <p>Lx Flex 2cm ↓ knee PB</p> <p>Lx Lat Flex L Knee</p>                                                                   |                                                                                                                                                         |

Next Treatment/Management Plan:

Send Plane Stretches.

Swears (booked) post travel