**Tarrengower Remedial Massage**

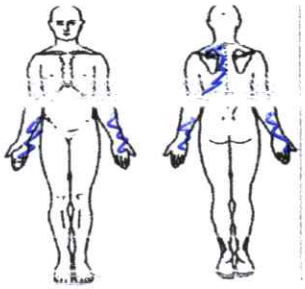
## CLIENT RECORD: Follow-up Consultation

Last Name: SINCLAIR First Name: CHERRIE Date 17/6/23

Area Being Treated Forearms/Shldr Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y (N)
If yes

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



@ Shoulder
→ Sitting in chair with high armrests
Forearms
→ pain
Hands & feet always cold
→ thoracic pain.

**Client consent for treatment**

Please sign Date

**OBJECTIVE** EXAMINATION:

Observation:

Motion tests (Active, Passive, Resisted, Special Tests):
Wrist flex L 70° S, @ thoracic
R 70° S, @ thoracic
ext L 70° S, @ thoracic
R 60° S, @ thoracic

Palpatory **Assessment:**

**Treatment:**
Cupping - Int. glide ECRL, FCR
Flexor Pollicus longus
MFR - Longissimus inf, Supra
U/T, Lat Dorsi, Lev Scap
D/P MTrP - Infra, UT, Lev Scap

Advice & Corrective Exercises:
YTW
Wrist flex & ext.
Daily 2 sets.

Reassessment & Postural **Improvements:**
Wrist flex L 85° S, @ thoracic
R 85° S, @ thoracic
Wrist ext L 85° S, @ thoracic
R 85° S, @ thoracic

Next Treatment/Management Plan: 2 weeks (booked)