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Ruben Orozco
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Date: Thursday 8th August 2024

RE: Hayley Young
DOB:14/01/2002
Client Number: 58788317/00

To Ruben Orozco,

Hayley presented to the clinic on Monday the 5th of August for an initial consultation for remedial massage therapy. The issue presented in the beginning of June 2024, she produced her scan results which reports that she has mild associated sub acromion/sub deltoid bursitis and a supraspinatus tendinosis caused from the repetitive nature of her work causing a high level of pain.

I will perform remedial massage techniques to primarily the muscles involved with the right shoulder but also the left as it is presenting with muscular tension due to compensatory patterns and stress from not being able to use the right shoulder at full function. I will also work through the posterior – scapular – rotator cuff muscles and latissimus dorsi and into the back and neck.

I am hopeful that remedial massage coinciding with her physiotherapy treatment can be used in synergy to:

- Reduce muscular tension to further reduce inflammation of the bursa.
- Improve range of motion in the shoulder joint.
- Increase blood flow to provide fresh oxygen to the muscles to promote healing.
- Promote movement while Hayley builds strength back up in the right shoulder/arm.

As Hayley is quite early into her working life to present with this issue, I believe it is important to prioritise early intervention to resolve this matter so she can continue working as a refit merchandiser, she expresses that she very much enjoys this kind of stimulating work.

Service Agreement Proposal:

12 x weekly remedial massage treatments then we will reassess.

Kindest,

Kylie Loffler
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