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Date: Friday the 14th of March 2025

RE: Request for further 4 x treatment sessions
Krishna Chaitanya Madduri - DOB: 11/10/1982 - Case Number: 1000027478

To Marli and Sam,

Krishna had been under my care since the 14th of January 2025, since then we have completed 3 sessions of remedial massage.

Treatment Overview

I am treating tightness in his back caused from a motorbike accident at work. During these sessions I focus on remedial massage techniques to increase blood flow to the muscles related to the whole back, to decrease pain and improve range of motion. This has included deep tissue massage and stretching. There is a lot of tension present in the lumbar and thoracic region and the erector spinae muscles, more on the right side. Hypertonicity is also present interscapular. I have given him some home exercises/stretches to try and help manage some of the pain and discomfort himself.

Progress and Outcomes

Over the course of treatment, Krishna has shown a significant reduction in pain and has reported noticeable relief following his remedial massage treatments. There has been an improvement in tightness of the muscles, but I would like to see if we can get it to a stage of lasting longer post-treatment.

Krishna has expressed that he gets a lot of relief from his massages and is able to work more. The hot weather has also been a trigger for his pain. He said since having massage treatments he has been able to perform overtime work hours without as much discomfort.

Ongoing Treatment Plan

To continue Krishna's recovery, I am writing to request a further 4 more sessions of remedial massage. I would like to incorporate some more techniques including myofascial cupping to see if this has a different longer lasting effect on the muscles.

Should you require any further information or wish to discuss this case in more detail, please do not hesitate to contact me.

Kindest,

Kylie Loffler
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