

Appointment note

Tue 25 Feb

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16:00

Sam advised that in between her shoulder blade up to her neck is feeling tight and she can feel a knot in her rhomboid area. She mentioned she does slouch at her desk whilst working, other than that has done nothing she can remember to trigger the pain.

Assessment

- ROM torso test revealed tightness in both right and Left side
- Palpation from neck to lower back is tight, including upper traps
- Rhomboids and inter scapular is tight with trigger points
- observation - shoulders are internally rotated

Treatment

- Massage to lower back with trigger point therapy to glutes.
- Massage to erectors
- Massage and trigger point to rhomboids and inter scapular including upper traps.
- Peck release stretch
- light neck massage and sinus lymphatic

Post Assessment

Client on observation shoulders are more back in line. less tight in torso and client mentioned she is feeling a lot less tight all round.

Client to continue stretching and drink plenty of water

Discussed with client about seeing a chiro in regards to checking neck and ribs.