

- 9 Dec 2024 at 4:58PM

9/12/24 - Client doing ok. A bit stressed due to her husband double knee replacement that happened today, but other than that doing ok. FBM with focus on upper body but nothing major. DK

- 30 Oct 2024 at 7:25PM

30/10/24 - Heather has been to Bali with her family and hasn't done much work / exercises for 3 weeks. Over the past weekend she helped her husband moving heavy boxes so feeling the upper body, neck and shoulders but no injuries or anything. No neuro signs or issues with ROM. Rx PBM with focus on upper body, chest and arms. All ti but released nicely. DK

- 11 Sep 2024 at 6:16PM

11/9/24 - Client feeling better after her first treatment, she was sore but moved much better. Still feeling the upper body, particularly R mid back, but it's much better. No neuro signs or issues with mobility. Rx PBM with some very active TrPs on LB and lower Tx & R and mid Tx and Cx. ES group ti bi but mostly on R. Rbs ti on L as well as L rot cuff. She enjoyed her session today. DK

- 19 Aug 2024 at 4:50PM

19/8/24 - First time has not had a massage in years. Used to suffer from facet joint inflammation on upper thoracic spine and has had treatment with physio. Currently doing good but still feels a lot on mid Tx and Cx tension due to her desk work. No neuro signs or issues with mobility. Client quite active as well. Rx BNS massage with a lot of tension on mid and upper back particularly ES group, Rbs, R rotator cuff and Traps all ti bi, but mostly R. DK