

Tue 18 Feb

Completed

Kate Rice
+61 427 294 507



Actions

Tue 18 Feb

16:00

Doesn't repeat
Services

Remedial Massage (Consultation 60 Min)
16:00 • 1h • Tanya McDonald • Sauna Room

A\$ 95

+30min blocked

Notes
Client advised that she woke up last Thursday with a stiff and sore neck. Kate advised that she had not done anything leading up to her neck being stiff. The only thing she did was help someone move on Sunday. Client did express that she has had some things over the last couple of weeks that have caused some stress and tension.

Assessment

ROM in neck is restricted when turning to the right
On palpation client is tight with trigger points in the upper traps, rhomboids, and down the erectors. Inter scapula are really tight.

Treatment

Massage up the erectors
Massage and trigger points therapy from upper traps through the rhomboids and inter scapula. Neck massage and release stretch. TMJ massage to show client in regards to clenching teeth.

Post Assessment

Clients ROM in her neck is little less tight. Upper traps to the bottom of the erectors are less tight. with more movement.

Client to continue self care stretching, drink plenty of water.
Forms

COVID 19
Sat 15 Feb • 14:06 • Completed