

Sat 15 Jun

Completed

Christine Bryant  
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C

Actions

Sat 15 Jun

11:40

Doesn't repeat  
Services

Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Remedial Massage (Initial Consultation 75 Min) 11:40 • 1h • Tanya McDonald • Massage Room	A\$ 100.65 <del>A\$ 119</del>
Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Infrared Sauna Sessions 12:40 • 20min • Tanya McDonald • Sauna Room	A\$ 24.35 <del>A\$ 26.60</del>
+10min blocked	1h 30min

Notes  
Client advised general health is good. Client expressed a bit of tightness and pain through lower back and shoulders. She has had surgery for carpal tunnel on both wrist years ago. When young she fell over on skates and injured her lower back.

Assessment

Palpation to upper traps and medial border of scapula revealed tightness and a few surface trigger points. ROM test showed a restriction to the left side of hips and tightness. Negative on the painful arc and empty can tests. Slight tightness in the lower arms.

Treatment

Efflerage and long strokes to lower and upper back to warm up. Thumb glides down the posterior superior (L) & (R) side, trigger points to gluteal group and piriformis. single handed stroking around scapula (L) & (R). Thumb glide & kneed medial border / upper trapezius. thumb glides to medial border of scapula through to rhomboids. Thumb glides across levator scapulae. circular stroking & cresting single upper trapezius (L)&(R) sides.

Supine  
Massage pectorals (l)&(r), neck stretch, relaxation massage to arms.

Post Treatment

More ROM in trunk, less tightness in neck, traps, medial border of scapula. palpation showed no surface trigger points.

Client feeling more free with more range of movement. Advised client to stretch and drink water  
Forms

COVID 19  
Wed 12 Jun • 19:03 • Completed

Total  
~~A\$ 136.60~~A\$ 125

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