

Fri 2 Aug

Completed

William Baker
+61 487 425 682
1 no-show



Actions

Fri 2 Aug

16:00

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Remedial Massage (Initial Consultation 75 Min)	A\$ 100.65
16:00 • 1h • Tanya McDonald • Sauna Room	A\$ 110
Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Infrared Sauna Sessions	A\$ 24.35
17:00 • 20min • Tanya McDonald • Sauna Room	A\$ 26.60

+10min blocked

1h 30min

Notes
Clients health is pretty good, he advised that he plays sports and eats well. Client mentioned that his legs are tight and so is his upper body. His current job requires him to stand on his feet all day.

Assessment

On Glute and piriformis stretch revealed tight glutes and piriformis. On hamstring test, revealed tight calf's and hamstrings. Palpation found client has also tight rhomboids and upper traps.

Treatment

Massage to lower back and posterior illiac spine. Trigger point therapy to glutes and piriformis. Massaged up the erectors. Single-handed stroke around the scapula, finger glide/trigger point work inter scapula. Circular stroking to upper trapezius and levator scapulae. Upper traps finger glide and cresting. Trigger point work to upper traps.
Leg (l) & (r) Rowing stroke entire leg and flat effleurage single hand hamstrings, petrissage hamstrings, circular thumb glides hamstrings, knuckle friction hamstrings. Release stroke hamstrings. Effleurage gastric and soleus finger stroking heel of hand gastroc massage to Achilles tendon. Release stroke gastric.
Supine
Massage to pectorals

Post Assessment

All areas tested are less tight on retesting. Client is feeling no tightness in his legs and upper traps.

Spoke to client about continued stretching before playing sports and showed him a stretch for his pectorals. Advised clients to drink water after the massage to ensure he remains hydrated.

Forms

COVID 19
Fri 2 Aug • 10:18 • Completed

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