

Tue 25 Jun

Completed

Adam McCredie
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Actions

Tue 25 Jun

15:30

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min)
15:30 • 1h • Tanya McDonald • Sauna Room

+30min blocked

Review

1 year ago

Reply

Notes

Clients general health is on border line, client has high blood pressure and mentioned that he had an operation about 20 years ago for carpel tunnel. Adams work as a farmer / gardener and contractor requires him to lift heavy things and on his feet during the day. Client also mentioned about food / gut health.

Client would like a remedial massage for the tightness all over he is experiencing. We discussed about doing the main concerns, which he pointed out in between his shoulder, neck and lower back..

Assessment.

On observation Adams shoulders are rolling slightly forwards and R hip is higher than the L.
Palpation the client upper traps to his lower back are really tight including his pecs.
Painful Arc and empty can test is negative to any pain.

Treatment.

Massage to lower back and posterior illiac spine. Trigger point therapy to glutes and piriformis. Massage to back.

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.

Supine

Massage to pectorals, neck stretch.


Post Assessment

Clients shoulders are slightly more in line. Less tight from traps down to lower back. Client is feeling less tight with more movement.

Discussed with client about seeing a naturopath to help with health issues. Gave client pectoral stretch and Glute / piriformis stretches.

Advised client to drink plenty of water

Payment policy

 Confirmed with eftpos_australia *5226
21 Jun 2024 at 11:32

Forms

COVID 19
Thu 20 Jun • 09:14 • Completed

Total
A\$ 110

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