

Fri 9 Aug

Completed

Adelle Roscoe
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Actions

Fri 9 Aug
16:00

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min)
16:00 • 1h • Tanya McDonald • Massage Room

+30min blocked

Notes
Client came in for back pain and tightness in her neck. clients job requires her to be between sitting and standing including some computer work. Client is active in her spare time going to the Gym, client does stretching before and after her work out.

Assessment

Painful Arc test was negative
palpation showed tightness in upper traps, pectorals and neck.
Glute / piriformis stretch showed tightness in both areas.

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 and rhomboids. L rhomboid started to inflame on massage, massage technique changed to level 1 and stopped. 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

Areas retested and found they are Less tight, L rhomboid was slightly swollen client mentioned there was no pain. I suggested to put an anti inflammatory cream on the area and if it does not subside to consult her GP.

Showed client piriformis and glute sit down stretch and also a pectoral stretch. Advised client to drink plenty of water
Payment policy

 **Confirmed with Mastercard *5664**
08 Aug 2024 at 20:21

Forms

COVID 19
Thu 8 Aug • 20:21 • **Not completed**

Total
A\$ 110

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