

Tue 7 Jan

Completed

Alan Marshall
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Actions

Tue 7 Jan
10:00

Doesn't repeat
Services

Remedial Massage (Consultation 60 Min)
10:00 • 1h • Tanya McDonald • Sauna Room

+30min blocked

Notes

Subjective:

- Presenting with neck issues
- Recently returned to work on 20/01/2025
- Reports working during first week of planned holidays
- Mentions completing significant amount of van driving and riding activities

Objective:

- Upper body tension noted
- Restricted arm movement observed
- Muscle tightness present

Treatment Plan:

- Manual therapy techniques to address neck and upper body tension
- Focus on muscle release and mobility improvement

Interventions:

- Manual therapy performed targeting tense muscle groups
- Gradual muscle release techniques applied
- Patient reported immediate improvement in tension during treatment
- Noted normal muscle response to release techniques

Evaluation:

- Positive response to treatment with decreased tension
- Reports feeling less restricted in movement
- Some residual tightness remaining but improving

Plan for Continuing Care:

- Home exercises prescribed using a ball for self-massage from shoulder to neck region
- Recommended gradual approach to allow proper muscle recovery
- Follow-up sessions may be beneficial for ongoing management

Additional Notes:

- Patient recently joined a health fund

Forms

COVID 19
Mon 6 Jan • 11:05 • Not completed