

Sat 26 Oct

Completed

Alan Marshall
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Actions

Sat 26 Oct
10:00

Doesn't repeat
Services

Remedial Massage (Initial Consultation 75 Min)
10:00 • 1h 15min • Tanya McDonald • Sauna Room

+30min blocked

Notes
Client explain that he has had some tightness in his legs, a couple of weeks ago he got a stabbing pain above the L knee cap when getting off a high stool at work. Client had an MRI on it, doctor advised that there was nothing there. Client had a knee replacement on his Right knee when he was 50. He rides a push bike due to his eye sight. Client also advised that he has had plantar fasciitis before.

Assessment.

Clients ROM is restricted upon test. Clients L side hamstring and gastroc is tighter than the R during raised leg test and Foot stretch test. On Glute and piriformis stretch found the L glutes are tight.

Treatment

Massage to lower back and posterior illiac spine. Massage around the greater trochanter up into the glutes . Trigger point therapy to glutes and piriformis.

Leg (l) & (r) Rowing stroke entire leg and flat effleurage single hand hamstrings, petrissage hamstrings, thumb glides hamstrings, light to medium knuckle friction to IT band. Release stroke hamstrings. Effleurage gastric and soleus finger stroking heel of hand gastroc massage to Achilles tendon. Had to go to relaxation massage to the calf's as the client on the L side was feeling pain and there was a little hard ball feeling on the exterior of muscle near the fibular.

Post Assessment

Client was less tight in the hamstrings and calves, more range of motion in the torso and hips on retest.

Advised client to see GP in regards to hard ball near fibular due to the knee incident, as it was sore on medium to light touch. Drink plenty of water and gave glute stretch and pec stretches as he is sitting at the computer a lot.

Forms

COVID 19
Fri 25 Oct • 12:02 • Not completed

Total
A\$ 110

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