

Fri 5 Jul

Completed

Alison Thomas
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Actions

Fri 5 Jul

16:00

Doesn't repeat
Services

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

+30min blocked

Notes
Client is looking at less tightness and pain in her lower back and upper back. Client mentioned she has not had any injuries or surgeries. Clients job requires her to be on her feet for long periods of time.

Assessment

On ROM test R side twist showed L hip tight, on Glute stretch test clients glutes are tight. Palpation showed tightness through from upper traps to lower back. Rhomboid tight with some trigger points Tight in inter scapula.

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 to rhomboids and inter scapula. Circular stroking to upper trapezius and levator scapulae. Upper traps finger glide and trigger point work to upper traps.

Supine

Massage to pectorals and neck stretch.

Post Assessment.

All areas massaged are less tight. ROM is more free and less tight in the hip. Glutes on retest are also less tight.

Advised client to drink plenty of water and showed client glute stretch and pec stretch.

Payment policy

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03 Jul 2024 at 21:07

Forms

COVID 19
Wed 3 Jul • 21:07 • Completed

Total
A\$ 110

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