

Fri 27 Sep

Completed

Andrew Clements  
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A

Actions

Fri 27 Sep

14:30

Doesn't repeat  
Services

Remedial Massage (Initial Consultation 75 Min)  
14:30 • 1h • Tanya McDonald • Sauna Room

+30min blocked

Notes  
Client had a relaxation massage by another massage therapist who recommended seeing a remedial therapist. This is due to the pain in-between his shoulder and tightness in his neck. client advised that allergic to dust might, and has had a posterior fossar de compression surgery about 4 years ago. Client is wanting relief through from tightness and pain. Clients Job requires him to sit down working on the computer for long periods.

Assessment.

ROM in the lower back hip was restricted and tight, on palpation clients rhomboids were tight and trigger points found. upper traps are tight. On piriformis and glutes stretch found all areas were really tight in the L leg and not as tight in the R but still tight. Shoulders slightly rotated in, on palpation of Pecks the L is tight.

Treatment.

Massage to lower back and posterior illiac spine. Trigger point therapy to glutes and piriformis. Massage to muscles around the Greater trochanter. Massaged up the erectors. Single-handed stroke around the scapula, Raking to Rhomboids finger glide/trigger point work to rhomboids and 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.

Client feeling a lot less tight through the rhomboids and upper traps. ROM is less restricted.  
Palpation and re testing confirmed the ROM is less restricted an glutes an Piriformis is less tight. Rhomboids are also less tight. Client is not feeling any discomfort or pain.  
Advise client to drink plenty of water to avoid dehydration. Showed client sit down piriformis and glutes stretch. Showed client pectoral stretch.

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Forms

**COVID 19**  
Wed 25 Sep • 11:03 • **Completed**

Total  
A\$ 110

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