

Wed 28 Aug

Completed

Anna Christie  
+61 425 322 186



Actions

Wed 28 Aug

13:15

Doesn't repeat  
Services

Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Remedial Massage (Initial Consultation 75 Min)  
13:15 • 1h • Tanya McDonald • Sauna Room

Remedial Massage (Initial Consultation 75 Min) + 20 Min Infrared Sauna: Infrared Sauna Sessions  
14:15 • 20min • Tanya McDonald • Sauna Room

+10min blocked

1h 30min

Notes  
Client advised that she is in good health. Anna advised that she injured her shoulder whilst pulling a Gorilla cart which jolted when it got caught on a stick or rock. Anna pointed to the R upper trap and scapula advising it was tight and a bit painful. Client had been taking ibuprofen to relieve the pain.

Client is wanting relief from pain in should and neck area.

Assessment.

Empty can test was negative. upon palpation found that the upper traps were tight on both on L & R and the rhomboids on the right side.

Treatment

Single-handed stroke around the scapula, finger glide/trigger point work inter scapula. Circular stroking to upper trapezius and levator scapulae. Upper traps finger glide and cresting. Trigger point work to upper traps and inter scapula.

Massage to pecs and upper traps.

Post Assessment

Client advised that her neck and between the shoulders were feeling a lot better and less tight.

Advised client to drink plenty of water, use heat pack or anti inflammatory rub for the next couple of days. Continue with stretching the client already does.

Forms

COVID 19  
Mon 26 Aug • 14:27 • Not completed

Total  
A\$136.60A\$ 125

View sale