

Wed 5 Jun

Completed

Caitlin Taylor  
+61 411 213 162



Actions

Wed 5 Jun

15:30

Doesn't repeat  
Services

Remedial Massage (Consultation 60 Min)  
15:30 • 1h • Tanya McDonald • Sauna Room

+30min blocked

Notes  
Caitlin advised that she has been having tension headaches and would like some relief. She mentioned that she is feeling tightness in her neck. She mentioned that she has previously dislocated her knees, ribs and SI joints.

Assessment

Palpation revealed that clients neck, erectors and rhomboids are tight.  
ROM in neck is also restricted more on the R side than L


Treatment

Petrissage and effleurage to lower and upper back to warm muscles. Massaged up the erectors.  
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.  
Supine  
Massage to pectorals, neck stretch.

Post Assessment

Client has more ROM in turning her neck, clients erectors, rhomboids and traps are less tight. Client advised that she is feeling good with no tension through those areas anymore.  
Discussed with client about doing some pec stretches and hand across body stretching. Advised client to drink plenty of water

Payment policy

 **Confirmed with eftpos\_australia \*4563**  
03 Jun 2024 at 14:12

Forms

**COVID 19**  
Mon 3 Jun • 14:12 • Completed

Total  
A\$ 95

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