

Sat 19 Oct

Completed

Vanessa Parish
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Actions

Sat 19 Oct

10:30

Doesn't repeat
Services

Remedial Massage (Consultation 60 Min)
10:30 • 1h • Tanya McDonald • Massage Room

+30min blocked

Notes
Client is an existing client she has had a couple of seated massages at the CUC.
Client came in for pain relief in hips and upper back, client mentioned that she has bursitis in her hip giving her symptoms of sciatica. client fell over on right side a couple of weeks ago.
Client also advised that she has been diagnosed with plantar fasciitis by the podiatrist.

Assessment.

ROM Test showed tightness on the left when turning to the Right. Glute stretch test showed tightness in the psoas, glutes and piriformis.
Palpation from neck to lower back revealed tightness through rhomboids, traps and erectors.

Treatment

After Glute Stretch test and prior to massage, client gave permission to do a release stretch to the psoas muscle. This was done and found the right psoas muscle was tighter than the L.

Massage to lower back and posterior iliac 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. Circular stroking to upper trapezius and levator scapulae. Upper traps finger glide, Traps are not tight.

Post Assessment

Client was feeling no pain in the hips and upper back.
Client's ROM is less tight on the L side.

Advised client to drink plenty of water and gave client sit down glute stretch and pec stretches.

Spoke to client about putting cold pack on the bursitis on times that it flairs up
Payment policy

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17 Oct 2024 at 12:38

Forms

COVID 19
Thu 17 Oct • 12:38 • Completed

Total
A\$ 95

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