

Flynn Perez

DOB 25 Aug 2001
Occupation Elite Athlete - football
Medicare No. GMHBA
Practitioner Kevin Skillen

Treatment Notes

Initial Consultation

Practitioner: Kevin Skillen
Appointment: 12 Jan 2023, 9:00AM
Created: 13 Jan 2023, 8:16AM
Last updated: 13 Jan 2023, 8:28AM

Initial Consultation General Notes

Has the client ever had Covid-19? Yes

Are there any lasting effects of Covid? (shortness of breath, decreased energy levels or other considerations relating to treatment) No

Covid-19 Screening - if the client answers yes to any of the following questions DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client considered a household contact of a Covid Positive person within the last 7 days? No

Initial Consultation

Presenting complaint Has returned to training on Monday (3 days ago) and had heavy training session Monday and Wednesday. Feeling reasonably sore after returning from holiday and dramatic load increase.
Right hamstring awareness

Complaint history R Hamstring feels like it is going to go into spasm/cramp but doesn't eventuate

Medical history no additional info

Current Medications none

Occupation as previous

Sports/Hobbies as previous

Assessment

Restrictn in trunk flexn towards end range and feels right through R post lat sling.
 Trunk La flexn to R - knee /Lat flex to L - above knee(cm approx)
 SLR - L -90 / R 70
 Hip int/ext rotn - L clear - R- apprehension towards end of range in both int/ext
 Obers - clear
 PKB -clear
 Abduction - L good/ R 60-70 then apprehension kicks in.

Would you like to use Body Chart?

Treatment**Treatment plan****Covid-19 Clean Up and Disinfecting**

The following items were disinfected in the treatment room after this treatment: Yes
 massage table head & arm rest

End of shift clean was carried out including table head & arm rest, table levers, stool, taps, oil & cream bottles & containers, light switch, music source, all client areas and sink tap Yes

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 18 Aug 2022, 8:45AM
Created: 18 Aug 2022, 10:35AM
Last updated: 5 Nov 2022, 9:00PM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note Yes

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT

TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client considered a household contact of a Covid Positive person within the last 7 days? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

Patient progress report Pulled up well from VFL game. Playing AFL (last game) this weekend. Nothing adverse advised other than sore feet and stiff neck.

Assessment:

Left quad corked. (unable to stretch) Corjked just above knee on lower portion of Vastus Lateralis.

R cranial glute med tenderness

PKB - R slightly restricted to compared to L

Obers test appears ok

Cx rotn - restrictn BL

Cx quadrant - clear

Cx & Tx flexn - pulling thru Paraspinals

SLR - 70* L / 80* R

Hip Int/ext rotn - awareness in R rotator and deep lower medial glute.

Hip adduct - L 70* mid belly / R 80*

Tightness in R Lower TFL around knee

Body Chart

Treatment:

Full training treatment

Supine MFR & MTT thru upper trapz

Seated MFR thru upper Trapz, Lev Scap, SCM

Seated MFR - paraspinals

Side lying MFR - TFL, ITB & Glute + Glute stripping

Supine MTT - Hamstrings BL

MFR - adductors BL

DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS

MFR - glutes with hip sweep BL

DTM - Glute Med, min & max

Deep stripping thru R lower glute rotator with DIP

DTM/Stripping - Hamstrings, gastrocs, soleus

MTT - Rec Fem & Quad group

Myofascial cupping R lower ITB & around patella & lower quad

Myofascial cupping L lower ITB
 Myofascial cupping release around L & R patella/lower quad
 MFR- Psoas & iliacus
 Reflex to feet

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 SLR - clear 90/90
 Hip Int rotn - clear m
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 R glute awareness released
 PKB - good/symetry
 Thomas - good/clear BL
 No awareness around knee L or R
 Review 1/52

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 massage table head & arm rest

End of shift clean was carried out including table head & arm rest, table levers, stool, taps, oil & cream bottles & containers, light switch, music source, all client areas and sink tap Yes

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 10 Jun 2022, 8:45AM
Created: 10 Jun 2022, 10:39AM
Last updated: 25 Jun 2022, 9:11PM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note Yes

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client considered a household contact of a Covid Positive person within the last 7 days? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

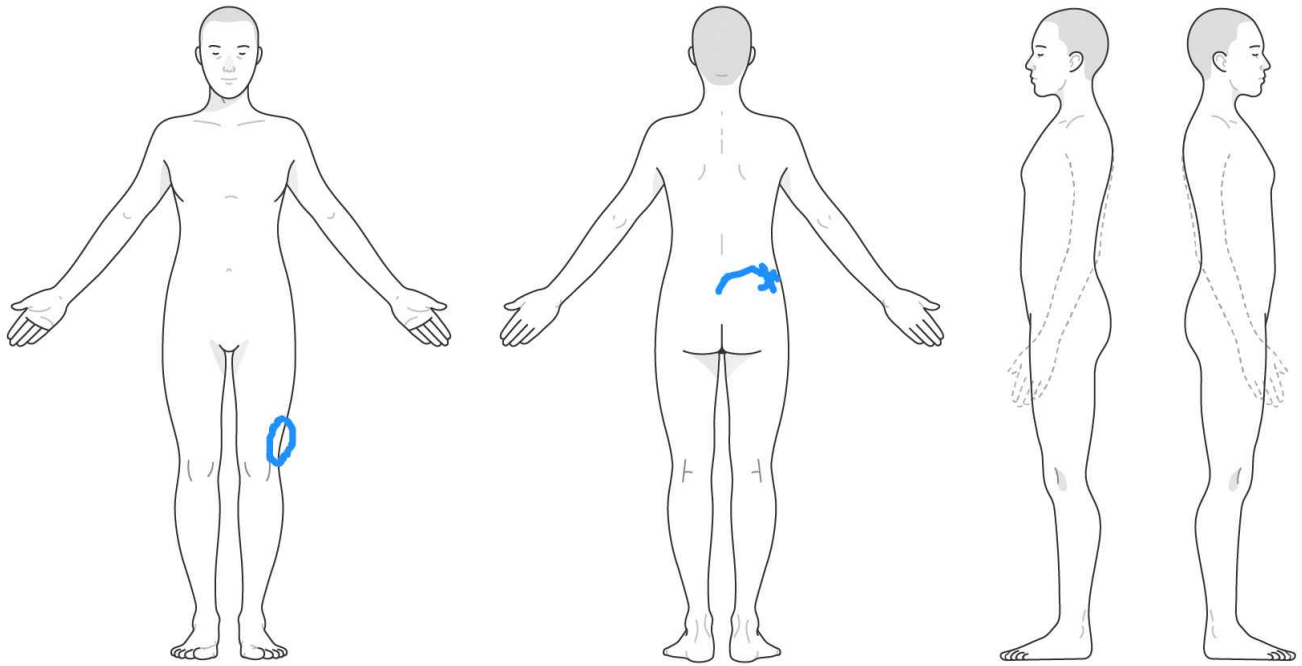
Patient progress report

Left quad corked. (unable to stretch) Corjked just above knee on lower portion of Vastus Lateralis.
 R cranial glute med tenderness
 PKB - R slightly restricted to compared to L
 Obers test appears ok
 Cx rotn - restrictn BL
 Cx quadrant - clear
 Cx & Tx flexn - pulling thru Paraspinals
 SLR - 70° L / 80° R
 Hip Int/ext rotn - awareness in R rotator and deep lower medial glute.
 Hip adduct - L 70° mid belly / R 80°
 Tightness in R Lower TFL around knee

Assessment:

PKB - R slightly restricted to compared to L
 Cx rotn - restrictn BL
 Cx quadrant - clear
 Cx & Tx flexn - pulling thru Paraspinals
 SLR - 70° L / 80° R
 Hip Int/ext rotn - awareness in R rotator and deep lower medial glute.
 Hip adduct - L 70° mid belly / R 80°
 Tightness in R Lower TFL around knee

Body Chart

**Treatment:**

Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 MFR - adductors BL
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 Deep stripping thru R lower glute rotator with DIP
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 Myofascial cupping R lower ITB & around patella & lower quad
 Myofascial cupping L lower ITB
 Myofascial cupping release around L & R patella/lower quad
 MFR- Psoas & iliacus
 Reflex to feet

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 SLR - clear 90/90
 Hip Int rotn - clear m
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 R glute awareness released
 PKB - good/symetry
 Thomas - good/clear BL

No awareness around knee L or R

Review 1/52

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 massage table head & arm rest

End of shift clean was carried out including table head & arm rest, table levers, stool, taps, oil & cream bottles & containers, light switch, music source, all client areas and sink tap Yes

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 13 Apr 2022, 9:00AM
Created: 13 Apr 2022, 8:56PM
Last updated: 14 Apr 2022, 9:04AM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note No

Client's temperature on arrival: ok

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client currently required to be isolating as a house-hold contact or quarantining at the direction of DHHS? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit?	No
Patient progress report	Played first gam back in AFL & got through well. Sore and tight around R Patella tendon believed due to increase in AFL intensity. General myofascial restriction felt.
Assessment:	PKB - R slightly restricted to compared to L Cx rotn - restrictn BL Cx quadrant - clear Cx & Tx flexn - pulling thru Paraspinals SLR - 70° L / 80° R Hip Int/ext rotn - awareness in R rotator and deep lower medial glute. Hip adduct - L 70° mid belly / R 80° Tightness in R Lower TFL around knee
Body Chart	
Treatment:	Seated MFR thru upper Trapz, Lev Scap, SCM Seated MFR - paraspinals Side lying MFR - TFL, ITB & Glute + Glute stripping Supine MTT - Hamstrings BL MFR - adductors BL DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS MFR - glutes with hip sweep BL DTM - Glute Med, min & max Deep stripping thru R lower glute rotator with DIP DTM/Stripping - Hamstrings, gastrocs, soleus MTT - Rec Fem & Quad group Myofascial cupping R lower ITB & around patella & lower quad Myofascial cupping L lower ITB Myofascial cupping release around L & R patella/lower quad MFR- Psoas & illiacus
Post Treatment Assessment/Notes:	Cx rotn - good/clear SLR - clear 90/90 Hip Int rotn - clear m Hip ext rotn - clear Hip addn - clear Glute activation - good BL R glute awareness released PKB - good/symetry Thomas - good/clear BL No awareness around knee L or R Review 1/52
Covid-19 Clean Up and Disinfecting	
The following items were disinfected in the treatment room after this treatment:	Yes
light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps	
The following items relating to the	Yes

treatment were disinfected: face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool	
The following items were disinfected in the reception area after this treatment: all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair	Yes
The following items in the bathroom were disinfected following this treatment: door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder	No
The following items were disinfected in the kitchen after this treatment: door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair	No
Any comments concerning disinfecting:	Bathroom/kitchen not used
Time disinfecting was completed:	10.40

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 7 Apr 2022, 8:30AM
Created: 7 Apr 2022, 9:42PM
Last updated: 12 Apr 2022, 9:08AM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT) Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note Yes

Client's temperature on arrival: ok

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT

TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client currently required to be isolating as a house-hold contact or quarantining at the direction of DHHS? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

Patient progress report Has played well - VFL has bye this weekend so will probably play at AFL level which will add some extra intensity to body. Nothing adverse to note other than myofascial tightness. Normal restriction pre treatment around R knee and slightly on L also.

Assessment:
 Cx rotn - restrictn BL
 Cx quadrant - clear
 Cx & Tx flexn - pulling thru Paraspinals
 SLR - 70* L / 80* R
 Hip Int/ext rotn - awareness l rotator and deep lower medial glute.
 Hip adduct - L 70* mid belly / R 80*
 Tightness in R Lower TFL around knee

Body Chart

Treatment:
 Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 MFR - adductors BL
 Side lying adductors= DLG (seep longitudinal gliding)
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 Deep stripping thru R lower glute rotator with DIP
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 Myofascial cupping R lower ITB & around patella & lower quad
 Myofascial cupping L lower ITB
 MFR- Psoas & iliacus

Post Treatment Assessment/Notes:
 Cx rotn - good/clear
 SLR - clear 90/90
 Hip Int rotn - clear m
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 R glute awareness released
 PKB - good/symetry
 Thomas - good/clear BL
 No awareness around knee L or R

Review 1/52

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: **light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps**

Yes

The following items relating to the treatment were disinfected: **face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool**

Yes

The following items were disinfected in the reception area after this treatment: **all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair**

Yes

The following items in the bathroom were disinfected following this treatment: **door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder**

No

The following items were disinfected in the kitchen after this treatment: **door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair**

No

Any comments concerning disinfecting: **bathroom/kitchen not used**

Time disinfecting was completed: **10.10**

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 31 Mar 2022, 8:30AM

Created: 31 Mar 2022, 10:20AM

Last updated: 5 Apr 2022, 8:28AM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT)

Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note		Yes
Client's temperature on arrival:		fully recovered - 36
Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days?		No
Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!		
Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)?		No
Is the client currently required to be isolating as a house-hold contact or quarantining at the direction of DHHS?		No
Consultation Notes		
Has the client had any change to their medical condition or medications since their last visit?		No
Patient progress report		Got through game well and has pulled up pretty well. Normal myofascial restriction around hip/pelvis region and R lower (deep) glute.
Assessment:		Cx rotn - restrictn BL Cx quadrant - clear Cx & Tx flexn - pulling thru Paraspinals SLR - 70* L / 80* R Hip Int/ext rotn - awareness l rotator and deep lower medial glute. Hip adduct - L 70* mid belly / R 80* Tightness in R Lower TFL around knee
Body Chart		
Treatment:		Seated MFR thru upper Trapz, Lev Scap, SCM Seated MFR - paraspinals Side lying MFR - TFL, ITB & Glute + Glute stripping Supine MTT - Hamstrings BL MFR - adductors BL DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS MFR - glutes with hip sweep BL DTM - Glute Med, min & max Deep striping thru R lower glute rotator with DIP DTM/Stripping - Hamstrings, gastrocs, soleus MTT - Rec Fem & Quad group Myofascial cupping R lower ITB & around patella & lower quad Myofascial cupping L lower ITB MFR- Psoas & iliacus

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 SLR - clear 90/90
 Hip Int rotn - clear m
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 R glute awareness released
 PKB - good/symetry
 Thomas - good/clear BL
 Review 1/52

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: Yes
 face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: Yes
 all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

The following items in the bathroom were disinfected following this treatment: Yes
 door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder

The following items were disinfected in the kitchen after this treatment: No
 door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair

Any comments concerning disinfecting:

Time disinfecting was completed: 10.20

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 25 Mar 2022, 2:30PM

Created: 28 Mar 2022, 12:15PM

Last updated: 28 Mar 2022, 12:25PM

Treatment Note Information

Has the client presented evidence to show **Yes**
that they are fully vaccinated against
Covid-19? (if not, please record any
medical exceptions in Medical Alerts. If
none exist, DO NOT TREAT

Has the client had Covid-19? If yes, please **No**
complete "Client with a History of Covid-
19" Treatment Note

Client's temperature on arrival: 35.9

Has the client received an Astra Zeneca **No**
Covid-19 Vaccination within the last 20
days?

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu **No**
symptoms (runny nose, cough, headache,
fever, sore throat)?

Is the client currently required to be **No**
isolating as a house-hold contact or
quarantining at the direction of DHHS?

Consultation Notes

Has the client had any change to their **No**
medical condition or medications since
their last visit?

Patient progress report Played VFL for 1st game back. Played all quarters and has pulled up very well. Nothing
adverse noted. Right glute issue (deep) has completely gone post last rx.

Assessment: Cx rotn - restrictn BL
Cx quadrant - clear
Cx & Tx flexn - pulling thru Paraspinals
SLR - 70* L / 80* R
Hip Int/ext rotn - awareness l rotator and deep lower medial glute.
Hip adduct - L 70* mid belly / R 80*
Tightness in R Lower TFL around knee (normal post surgery issue)

Body Chart

Treatment: Seated MFR thru upper Trapz, Lev Scap, SCM
Seated MFR - paraspinals
Side lying MFR - TFL, ITB & Glute + Glute stripping
Supine MTT - Hamstrings BL
MFR - adductors BL
R Longus/Brevis stripping
DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS

	MFR - glutes with hip sweep BL DTM - Glute Med, min & max DTM/Stripping - Hamstrings, gastrocs, soleus MTT - Rec Fem & Quad group Myofascial cupping R lower ITB & around patella & lower quad Myofascial cupping L lower ITB MFR- Psoas & iliacus
Post Treatment Assessment/Notes:	Cx rotn - good/clear SLR - clear 90/90 Hip Int rotn - clear m Hip ext rotn - clear Hip addn - clear Glute activation - good BL PKB - good/symetry Thomas - good/clear BL Review 1/52
Covid-19 Clean Up and Disinfecting	
The following items were disinfected in the treatment room after this treatment: light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps	Yes
The following items relating to the treatment were disinfected: face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool	Yes
The following items were disinfected in the reception area after this treatment: all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair	Yes
The following items in the bathroom were disinfected following this treatment: door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder	No
The following items were disinfected in the kitchen after this treatment: door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair	No
Any comments concerning disinfecting:	Bathroom/kitchen not used
Time disinfecting was completed:	4.15

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 18 Mar 2022, 8:30AM

Created: 19 Mar 2022, 12:32PM

Last updated: 19 Mar 2022, 12:41PM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note No

Client's temperature on arrival: 36 -

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client currently required to be isolating as a house-hold contact or quarantining at the direction of DHHS? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

Patient progress report Playing 1st game of VFL tomorrow. Feeling tightness around R lateral knee and over scar tissue on L patella. L glute tightness on rotators and deep within glute above and a little more medial to the Isial tuberosity. Neck has improved greatly with no awareness

Assessment:
 Cx rotn - restrictn BL
 Cx quadrant - clear
 Cx & Tx flexn - pulling thru Paraspinals
 SLR - 70* L / 80* R
 Hip Int/ext rotn - awareness l rotator and deep lower medial glute.
 Hip adduct - L 70* mid belly / R 80*
 Tightness in R Lower TFL around knee

Treatment:

Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 MFR - adductors BL
 R Longus/Brevis stripping
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 TrpT around R isial tuberosity with deep stripping around
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 Myofascial cupping R lower ITB & around patella & lower quad
 Myofascial cupping L lower ITB
 MFR- Psoas & illiacus

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 SLR - clear 90/90
 Hip Int rotn - clear minor awareness on lower R glute
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 PKB - good/symetry
 Thomas - good/clear BL
 Review 1/52

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: Yes
 face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: Yes
 all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

The following items in the bathroom were disinfected following this treatment: No
 door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder

The following items were disinfected in the kitchen after this treatment: No
 door handles, kettle, microwave, cupboards,

dishwasher handle, kitchen taps, pens or
stationary, kitchen table & chair

Any comments concerning disinfecting: Bathroom / Kitchen not used.

Time disinfecting was completed: 10.05

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 10 Mar 2022, 11:30AM

Created: 13 Mar 2022, 9:31PM

Last updated: 13 Mar 2022, 9:38PM

Treatment Note Information

Has the client presented evidence to show Yes
that they are fully vaccinated against
Covid-19? (if not, please record any
medical exceptions in Medical Alerts. If
none exist, DO NOT TREAT

Has the client had Covid-19? If yes, please No
complete "Client with a History of Covid-
19" Treatment Note

Client's temperature on arrival: 36.1

Has the client received an Astra Zeneca No
Covid-19 Vaccination within the last 20
days?

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu No
symptoms (runny nose, cough, headache,
fever, sore throat)?

Is the client currently required to be No
isolating as a house-hold contact or
quarantining at the direction of DHHS?

Consultation Notes

Has the client had any change to their No
medical condition or medications since
their last visit?

Patient progress report Gradually returning to normal training with main group.

Assessment: Cx rotn - restrictn BL
Cx quadrant - +VE BL

Cx & Tx flexn - pulling thru Paraspinals
 SLR - 80* L / 80* R
 Hip Int/ext rotn -clear
 Hip adduct - L 70* mid belly / R 80*
 Tightness in R Lower TFL around knee -also on left but not as severe

Treatment:

Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 Cx mobs - BL
 MFR - adductors BL
 R Longus/Brevis stripping
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 Myofascial cupping R lower ITB & around patella
 Myofascial cupping L lower ITB
 MFR- Psoas & iliacus

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 Cx quadrant - clear
 SLR - clear 90/90
 Hip Int rotn - clear
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 PKB - good/symetry
 Thomas - good/clear BL

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: Yes
 face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: Yes
 all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

The following items in the bathroom were disinfected following this treatment: No
 door handles, tap handles, sink and surrounds,

toilet seat and button, top of paper towel holder	
The following items were disinfected in the kitchen after this treatment: door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair	No
Any comments concerning disinfecting:	Bathroom/kitchen not used.
Time disinfecting was completed:	1.10

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 4 Mar 2022, 9:00AM
Created: 7 Mar 2022, 9:00AM
Last updated: 7 Mar 2022, 9:10AM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT) Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note No

Client's temperature on arrival: 36.

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Is the client currently required to be isolating as a house-hold contact or quarantining at the direction of DHHS? No

Consultation Notes

Has the client had any change to their medical condition or medications since No

their last visit?

Patient progress report

Almost completed Rehab program and commencing full training.

Assessment:

Cx rotn - restrictn BL
 Cx quadrant - +VE BL
 Cx & Tx flexn - pulling thru Paraspinals
 SLR - 80° L / 80° R
 Hip Int/ext rotn -clear
 Hip adduct - L 70° mid belly / R 80°

Treatment:

Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 Cx mobs - BL
 MFR - adductors BL
 R Longus/Brevis stripping
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap , BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 Myofascial cupping R lower ITB & around patella
 MFR- Psoas & iliacus

Post Treatment Assessment/Notes:

Cx rotn - good/clear
 Cx quadrant - clear
 SLR - clear 90/90
 Hip Int rotn - clear
 Hip ext rotn - clear
 Hip addn - clear
 Glute activation - good BL
 PKB - good/symetry
 Thomas - good/clear BL

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: ☒ Yes
 light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: ☒ Yes
 face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair	Yes
The following items in the bathroom were disinfected following this treatment: door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder	No
The following items were disinfected in the kitchen after this treatment: door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair	No
Any comments concerning disinfecting:	Bathroom/kitchen not used
Time disinfecting was completed:	10.30

Standard Consultation

Practitioner: Kevin Skillen
Appointment: 7 Dec 2021, 3:00PM
Created: 7 Dec 2021, 9:10PM
Last updated: 19 Jan 2022, 9:25PM

Treatment Note Information

Has the client presented evidence to show that they are fully vaccinated against Covid-19? (if not, please record any medical exceptions in Medical Alerts. If none exist, DO NOT TREAT) Yes

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note No

Client's temperature on arrival: 36.2

Has the client received an Astra Zeneca Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Has the client had contact with any person suspected of having Corona Virus within the last 14 days (including work in Hotel Quarantine)?

No

Has the client been in a Covid-19 Hotspot or exposure site in the last 14 days?

No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit?

No

Patient progress report

Assessment:

Treatment:

Seated MFR thru upper Trapz, Lev Scap, SCM
 Seated MFR - paraspinals
 MFR - adductors BL
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap, BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 DTM/Stripping - Hamstrings, gastrocs, soleus
 Myo Cupping - posterior legs BL
 MTT - Rec Fem & Quad group
 MFR- Psoas & iliacus

Post Treatment Assessment/Notes:

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

Yes

The following items relating to the treatment were disinfected: face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

Yes

The following items were disinfected in the reception area after this treatment: all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

Yes

The following items in the bathroom were disinfected following this treatment: door

No

handles, tap handles, sink and surrounds,
toilet seat and button, top of paper towel
holder

The following items were disinfected in
the kitchen after this treatment: door
handles, kettle, microwave, cupboards,
dishwasher handle, kitchen taps, pens or
stationary, kitchen table & chair

No

Any comments concerning disinfecting:

Bathroom & kitchen not used.

Time disinfecting was completed:

4.50pm

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 17 Nov 2021, 10:00AM

Created: 17 Nov 2021, 11:55AM

Last updated: 19 Jan 2022, 9:24PM

Treatment Note Information

Has the client presented evidence to show
that they are fully vaccinated against
Covid-19? (if not, please record any
medical exceptions in Medical Alerts. If
none exist, DO NOT TREAT

Yes

Has the client had Covid-19? If yes, please
complete "Client with a History of Covid-
19" Treatment Note

No

Client's temperature on arrival:

36.2

Has the client received an Astra Zeneca
Covid-19 Vaccination within the last 20
days?

No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu
symptoms (runny nose, cough, headache,
fever, sore throat)?

No

Has the client had contact with any person
suspected of having Corona Virus within
the last 14 days (including work in Hotel
Quarantine)?

No

Has the client been in a Covid-19 Hotspot
or exposure site in the last 14 days?

No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

Patient progress report L Knee (vmo) slight pain when running

Assessment:
L glute/tfl sticking & pn when running
L lwr back tightness
L med knee discomfort on PKN & squat. (tendon graft)

Treatment:
Seated MFR thru upper Trapz, Lev Scap, SCM
Seated MFR - paraspinals
Side lying MFR - TFL, ITB & Glute + Glute stripping
Supine MTT - Hamstrings BL
MFR - adductors BL
DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap, BNS
MFR - glutes with hip sweep BL
DTM - Glute Med, min & max
DTM/Stripping - Hamstrings, gastrocs, soleus
MTT - Rec Fem & Quad group
MFR- Psoas & iliacus (modified Thomas)

Post Treatment Assessment/Notes:

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: Yes
face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: Yes
all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

The following items in the bathroom were disinfected following this treatment: No
door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder

The following items were disinfected in the kitchen after this treatment: No
door

handles, kettle, microwave, cupboards,
dishwasher handle, kitchen taps, pens or
stationary, kitchen table & chair

Any comments concerning disinfecting: Bathroom & kitchen not used

Time disinfecting was completed:

Standard Consultation

Practitioner: Kevin Skillen

Appointment: 7 Jul 2021, 10:30AM

Created: 7 Jul 2021, 12:32PM

Last updated: 28 Jul 2021, 1:29PM

Treatment Note Information

Has the client had Covid-19? If yes, please complete "Client with a History of Covid-19" Treatment Note No

Client's temperature on arrival: 36

Has the client received a Covid-19 Vaccination within the last 20 days? No

Corona Virus Questions IF THE CLIENT ANSWERS YES TO ANY CORONA VIRUS QUESTIONS DO NOT TREAT!

Does the client have any cold or flu symptoms (runny nose, cough, headache, fever, sore throat)? No

Has the client had contact with any person suspected of having Corona Virus within the last 14 days (including work in Hotel Quarantine)? No

Has the client travelled to a Covid-19 Hotspot in the last 14 days? No

Consultation Notes

Has the client had any change to their medical condition or medications since their last visit? No

Patient progress report L glute/tfl sticking & pn when running
L lwr back tightness

Assessment: L leg squat reproduces pain in Glute Med

Treatment: Seated MFR thru upper Trapz, Lev Scap, SCM

Seated MFR - paraspinals
 Side lying MFR - TFL, ITB & Glute + Glute stripping
 Supine MTT - Hamstrings BL
 MFR - adductors BL
 DTM- QL BL, Glute Med & paraspinals, lats, Rhomb, Lev Scap, BNS
 MFR - glutes with hip sweep BL
 DTM - Glute Med, min & max
 DTM/Stripping - Hamstrings, gastrocs, soleus
 MTT - Rec Fem & Quad group
 MFR- Psoas & iliacus (modified Thomas)

Post Treatment Assessment/Notes: All clear.
 Review 4/52 at client request.

Covid-19 Clean Up and Disinfecting

The following items were disinfected in the treatment room after this treatment: Yes
 light switch, door handles, all surfaces including client seating, therapist desk area, cupboards, top of paper towel holder and taps

The following items relating to the treatment were disinfected: Yes
 face hole and arm rest of table, lever for head piece, oil bottle or cream container, treatment stool

The following items were disinfected in the reception area after this treatment: Yes
 all desk area, keyboard, mouse, pens if used, eftpos machine, door handles, seats if used, internal & external door handle, drawers, arms of reception chair

The following items in the bathroom were disinfected following this treatment: No
 door handles, tap handles, sink and surrounds, toilet seat and button, top of paper towel holder

The following items were disinfected in the kitchen after this treatment: No
 door handles, kettle, microwave, cupboards, dishwasher handle, kitchen taps, pens or stationary, kitchen table & chair

Any comments concerning disinfecting: Bathroom/kitchen not used

Time disinfecting was completed: 12.10