

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Reminders/Notifications

Gym - Lift

Bodybuilder

Prepping for 2024 through Brad Fraser

Out at Burnie working 4 days on

Mr Dane Tiffin - Kings Meadows

Fri, 1 Sep 2023 9:15 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Hamstrings/Glutes/LB tightness, Legs tightness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS release, hips/glutes/QL release, Hamstrings/calves IASTM/sh/lats release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Fri, 18 Aug 2023 8:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lats soreness, calves/hamstrings tightness also.

Assessment Findings:

Confirmed presenting, going much better overall

Treatment:

DT/POS release with cf techniques in prone full BNS release, hips/glutes/QL release, Hamstrings/calves IASTM/sh/lats release

Post Treatment:

Released well, Improvement made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Fri, 4 Aug 2023 9:15 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Forearms are going well from previous treatment, no issue, currently in a deload

Assessment Findings:

Confirmed presenting, going much better overall

Treatment:

DT/POS release with cf techniques in prone full BNS release, chest B hips/glutes/QL release, Hamstrings/calves IASTM, B extensor release, chest/sh/lats release

Post Treatment:

Released well, Improvement made

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 14 Jul 2023 2:15 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Tightness from weight lifting, but improving from previous BNS, Hamstrings/calves/quads, Lats tightness, upper tx, LB, Tendonitis RHS elbow

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS release, chest B hips/glutes/QL release, Hamstrings/calves IASTM, Quads release, Dry Needling, B extensors bilat, Lateral, middle, medial for tennis elbow

Post Treatment:

Released well, Improvement made

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 30 Jun 2023 2:15 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Initial - Tightness from weight lifting, BNS, Hamstrings/calves/quads, Lats tightness, upper tx, LB, Tendonitis RHS elbow

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS release, anterior delts/biceps release, B hips/glutes/QL release, Hamstrings/calves IASTM, Quads release

Post Treatment:

Released well, Improvement made

Notes/Extras/Advice

Lats in sh extension need release, Dry Needling for tendonitis RHS elbow medial/lateral
