

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Reminders/Notifications

Megan Murray's Husband

0414535268

Mr Dane Tiffin - Kings Meadows

Fri, 8 Sep 2023 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall not too bad, generalised stiffness in neck

Assessment Findings:

A bit tighter than expected, neck & Thoracic mainly

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release

Post Treatment:

Released well, moving much better.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Fri, 14 Jul 2023 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS back soreness from work, not too bad, generalised stiffness in neck

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release

Post Treatment:

Released well, moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Fri, 30 Jun 2023 8:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Last week rye neck on RHS neck/tx affected. lateral rotation affected

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, focused traps/cervicals

Post Treatment:

Released well, moving much better, no restriction in affected areas

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 16 Jun 2023 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Improved from previous treatment, No issues, general preventative BNS

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, Ortho release lumbar

Post Treatment:

Released well, going well overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 26 May 2023 8:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Improved from previous treatment, No issues, general preventative BNS

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, Ortho release lumbar

Post Treatment:

Released well, going well

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 5 May 2023 3:15 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Improved from previous treatment, RHS sciatic caught again on Sunday

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, Piraformis release, focused, HF/TFL release, Ortho release lumbar

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 28 Apr 2023 3:15 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS sciatic symptomatic, going well in HF/LB, had good games of golf after previous treatment

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, Piraformis release, focused

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 21 Apr 2023 10:29 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS LB, going well, RHS HF t

Assessment Findings:

Confirmed presenting, Pectinius RHS TFL/PSOAS t

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release, HF/TFL release, ortho included, pectinius RHS release

Post Treatment:

Released well, Improved, no pain post treatment

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 17 Apr 2023 3:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS LB, starting to refer sciatic.. has been bad today

Assessment Findings:

Confirmed presenting, RHS LB, hip/piraformis included

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release

Post Treatment:

Released well, Improved, no pain post treatment

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 31 Mar 2023 10:29 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative care RHS LB, starting to refer sciatic.. general BNS, getting back into gym lately, lots of golf,

Assessment Findings:

Confirmed presenting, RHS LB t

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release, tx,cx release

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 6 Mar 2023 3:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative care RHS LB, general BNS, getting back into gym lately,

Assessment Findings:

Confirmed presenting, RHS LB t

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 9 Dec 2022 3:46 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative care RHS LB, general BNS, Played golf this morning

Assessment Findings:

Confirmed presenting, overall going well, RHS LB t

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscless, RHS focus, LB release

Post Treatment:

Released well, Improved, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 28 Oct 2022 8:01 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Had a good trip away, General preventative, LB, neck/sh

Assessment Findings:

Confirmed presenting, overall going well, RHS LB t

Treatment:

DT/POS release with cf techniques in prone full BNS General release of all major muscles, RHS focus

Post Treatment:

Released well, Improved, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 3 Oct 2022 4:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General stiffness from golf, 3 days in a row, RHS mainly, Going away tomorrow 10 nights to sunshine coast, goldcoast

Assessment Findings:

Confirmed presenting, overall going well, LHS neck stiff included

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus

Post Treatment:

Released well, Improved, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 16 Sep 2022 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Back feeling good while maintaining good golf swing form, general preventative

Assessment Findings:

Confirmed presenting, overall going well

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Launceston
Fri, 9 Sep 2022 2:45 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lots of work lately, golf, RHS LBP mainly aching. HF tightness

Assessment Findings:

Confirmed presenting, B LB t, HF tightness present, PSOAS/TFL

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus, HF/PSOAS/TFL release in supine

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 26 Aug 2022 11:28 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lots of work lately, golf, RHS LBP mainly, Golf swing related, technique needed work, HF

Assessment Findings:

Confirmed presenting, overall soreness, HF tightness present, PSOAS/TFL

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus, HF/PSOAS/TFL release in supine

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 19 Aug 2022 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lots of work lately, golf, RHS LBP mainly, General BNS stiffness

Assessment Findings:

Confirmed presenting, overall soreness, HF tightness present, PSOAS/TFL

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus, HF/PSOAS/TFL release in supine

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 12 Aug 2022 3:18 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lots of work lately, golf, RHS LBP mainly, General BNS stiffness

Assessment Findings:

Confirmed presenting, overall soreness

Treatment:

DT/POS release with cf techniques in prone full BNS General release RHS focus, Ortho release L5, myofascial slide cupping

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 24 Jun 2022 8:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS LB stiffness, Hip is feeling fine from not playing golf, general stiffness in the neck

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, RHS focus, Ortho release L5

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 10 Jun 2022 8:00 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS LB/Glute/Hip, General tightness

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, RHS focus, Ortho release L5

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 13 May 2022 9:48 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP, running across, Full BNS general preventative, Stress from work, Working heaps lately

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 22 Apr 2022 9:15 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP, running across, Full BNS general preventative, Stress from work, Working heaps lately

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release, Ortho release L5

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Apr 2022 8:00 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP, running across, Full BNS general preventative, Stress from work, Working heaps lately

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release, Ortho release L5

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 25 Mar 2022 8:01 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L sciatic/hip issues still present, Still going well at the gym, golfing, R LB ache, L HF tightness

Assessment Findings:

Confirmed tightness bay B hips, L moreso

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release, Sciatic release, L ortho/PRT HF release

Post Treatment:

Released sh/neck well, Improved

Notes/Extras/Advice

Still hasn't had DN

Mr Dane Tiffin - Kings Meadows
Fri, 4 Mar 2022 8:36 am - Edited by Dane 4/3/22 09:05 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L sciatic/hip issues still present, Still going well at the gym, golfing, R LB ache, Has had hard week at, lots of stress

Assessment Findings:

Confirmed tightness bay B hips, L moreso

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release, Sciatic release

Post Treatment:

Released sh/neck well, R LB improved, L sciatic slightly improved but can still feel nerve referral under stretch

Notes/Extras/Advice

Dry needling candidate

Mr Dane Tiffin - Kings Meadows
Fri, 18 Feb 2022 8:29 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L sciatic/hip issues last week, Still back at the gym and enjoying it

Assessment Findings:

Confirmed tightness bay B hips, L moreso

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release, HF PRT release B

Post Treatment:

Released well, Moving better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 4 Feb 2022 8:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Back into gym/exercise, No drinking lately, L glute/LB tightness, General tightness gym work

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L glute/hip focus, lateral border release

Post Treatment:

Released well, Improved overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 21 Jan 2022 8:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L hip tightness, Lots of golf lately, General maintenance BNS

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, L Hip focus

Post Treatment:

Released well, L hip released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 7 Jan 2022 8:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Back on the health kick, Gyming, no alcohol, exercising, Golf - L sciatic referral, LB stiffness, General neck/sh tightness

Assessment Findings:

L glute/LB/Piriformis t. General BNS stiffness

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, L hip focus

Post Treatment:

Released well, Moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 3 Dec 2021 2:03 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L rye neck still has some stiffness, Overall back general maintenance

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS, cx focus, MET release rotational release, Scalenes, SCM, LS, Neck complex release
L moreso

Post Treatment:

Released well, moving better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 19 Nov 2021 2:12 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L rye neck 1w ago, Back to be maintained, tx,cx stiffness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS, cx focus, MET release rotational release, Scalenes, SCM, LS, Neck complex release
L moreso

Post Treatment:

95% released rye neck, Overall improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 7 Oct 2021 9:47 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General maintenance, R neck tightness, R lb/hip

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, R neck,lb focus

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 10 Sep 2021 9:47 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well, No alcohol for a month, back at the gym feeling good, Eating well. R LB, general LB tightness, Sciatic no longer present, Stiffness in calves general.

Assessment Findings:

Treatment:

DT/POS release with cf techniques in prone, full BNS general maintenance

Post Treatment:

Moving well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 27 Aug 2021 8:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

L LB minor sciatic referral, R LB tightness

Assessment Findings:

Confirmed patient presenting

Treatment:

DT/POS release with cf techniques in prone full BNS,

Post Treatment:

Released well, Bending over feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 13 Aug 2021 11:01 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Improved from last treatment, Still doesn't feel right, Feels like it's going into Piraformis

Assessment Findings:

Confirmed patient presenting, B traps general tightness

Treatment:

DT/POS release with cf techniques in prone BNS, LB focus

Post Treatment:

Can still feel it there a little bit but improved overall.

Notes/Extras/Advice

Ortho bionomy next session

Mr Dane Tiffin - Kings Meadows
Fri, 6 Aug 2021 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

R LB niggling, hurt while playing Golf, Mid tx soreness

Assessment Findings:

Very t R side

Treatment:

DT/POS release with cf techniques in prone full BNS, Bolstered hips with towel, LB focus, R, R Ortho release in prone for L4,5, tx released, no neck

Post Treatment:

Still feels stiff, but not grabbing anymore, Improvements made

Notes/Extras/Advice

Gentle walk post treatment advised
