

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Reminders/Notifications

Mr Dane Tiffin - Kings Meadows
Thu, 14 Sep 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Getting better overall from sickness, has been getting back into the gym,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, LB, Tx,cx

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 31 Aug 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Went to hospital last week, flu symptoms, Feeling better now mostly, hospital released/stabilized,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, LB, Tx,cx, anterior sh/biceps release, triceps B release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 17 Aug 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Had a good trip away at Perth, very full on, neck/sh tightness from flying.

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, LB, Tx,cx, anterior sh/biceps release, intercostals, LHS triceps/arm release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 3 Aug 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Full BNS tightness, LB/hips, Tx,cx tightness

Assessment Findings:

Confirmed presenting, B hamstrings t, neck/sh included

Treatment:

DT/POS release with cf techniques in prone full BNS General release, LB, Tx,cx, anterior sh/biceps release, intercostals

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 6 Jul 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Feeling pretty good today, Knees going well, Soreness in RHS extensor, Neck/sh

Assessment Findings:

Confirmed presenting, B hamstrings t, neck/sh included

Treatment:

DT/POS release with cf techniques in prone full BNS General release, LB, Tx,cx, anterior sh/biceps release, RHS extensor release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 22 Jun 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Generalised stiffness BNS, Hamstrings tightness RHS pulled at work on Tuesday

Assessment Findings:

Confirmed presenting, B hamstrings t, neck/sh included

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, hamstrings release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 25 May 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Generalised stiffness BNS, has been working 5 day weeks,

Assessment Findings:

Confirmed presenting, RHS extensors t,

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, extensors release RHS

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 11 May 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been sick last few days, just came right, Generalised stiffness BNS

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, extensors release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 1 May 2023 3:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness in neck/sh/back, improved but still tightness present, LB, neck/sh parasthesia in RHS hand released for a few days, but came back RHS, Hamstrings/calves t,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, chest/sh release, Subscap included, biceps, extensors B released, hamstrings/calves IASTM, myofascial sldie cupping release, HF PRT release

Post Treatment:

Released well, feeling better, improved overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 27 Apr 2023 5:28 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness in neck/sh/back, LB, neck/sh parasthesia in RHS hand

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, chest/sh release, Subscap included, biceps

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

check chest/sh/subscap if tingling in hands persist

Mr Dane Tiffin - Kings Meadows
Thu, 13 Apr 2023 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Tired, has been busy with work, Stiffness in neck/sh/back, LB, hamstrings, from pulling weeds, parasthesia in RHS hand

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, IASTM calves, hamstrings

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

check chest/sh/subscap if tingling in hands persist

Mr Dane Tiffin - Kings Meadows
Thu, 30 Mar 2023 5:28 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness in neck/sh/back, has been doing weights, has been shoveling gravel, BNS tightness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 16 Mar 2023 5:32 pm

3/4 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness in neck/sh/back, has been doing heavy lifting at work, weights/exercise at home, LHS sh blade mainly

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, RHS extensor release, flexor/triceps, calves IASTM

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 2 Mar 2023 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness in neck/sh/back, has been doing heavy lifting at work, weights/exercise at home, LHS sh blade mainly

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, RHS extensor release, flexor/triceps

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 16 Feb 2023 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Enjoying new job, Going well, Working out, General BNS tightness,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

RHS extensor to look at next time

Mr Dane Tiffin - Kings Meadows
Thu, 2 Feb 2023 5:29 pm - Edited by Dane 2/2/23 06:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Started new Job, LBP from office chair, B arms sore from computer work, shoulders also.

Assessment Findings:

Confirmed presenting, RHS vt arm/sh

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, RHS extensor/flexor release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 19 Jan 2023 5:31 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stress last few days, General BNS stiffness, Back into weight training/exercise, hips soreness, gardening lately,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, hamstrings/calves release with Quads in supine, TFL release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 5 Jan 2023 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS stiffness, Back into weight training/exercise, hips soreness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 22 Dec 2022 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS tightness ,RHS sh blade, calves t, Covid 2w ago, still recovering. 90% better overall, covid fatigue lingering, feeling better from previous treatment

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 8 Dec 2022 5:33 pm

3/4 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS tightness , calves t, Covid 2w ago, still recovering. 90% better overall

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, calves IASTM

Post Treatment:

Released well, feeling better, improved, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 24 Nov 2022 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General BNS, preventative care, going well, calves t

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, calves IASTM

Post Treatment:

Released well, feeling better, floaty

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 10 Nov 2022 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Feeling okay, Went fishing, soreness between sh blades, neck/sh

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 27 Oct 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been sick the last week, Neck/sh soreness from work, BNS tightness, intercostals. arms, sciatic going well now, calves t

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release, Calves IASTM

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 29 Sep 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Neck/sh soreness from work, BNS tightness

Assessment Findings:

Confirmed presenting, very tight BNS

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, anterior sh/biceps release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Sciatic to look at next treatment

Mr Dane Tiffin - Kings Meadows
Thu, 15 Sep 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Pain in knee isn't as bad, RHS.. Generalised BNS preventative care.

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 1 Sep 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Shoulders soreness from painting, neck. Pain in knee still present, going to see physio

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 18 Aug 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Shoulders soreness from painting, pins/needles in hands from painting, neck. Pain in knee still present, going to see physio

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 4 Aug 2022 5:32 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stressful day at work, LHS knee still sore, Quad tendon/TFL

Assessment Findings:

Confirmed presenting/Stress, LHS quad tendon RSI inflamed

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, supine TFL PRT release, quad release in supine, hamstrings/calves

Post Treatment:

Released well, feeling much better, knee sore still but improved from TFL release/quad tendon release

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 21 Jul 2022 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Lots of exercise, bike riding lately, LHS knee soreness quad tendon area,

Assessment Findings:

Confirmed presenting/Stress, LHS quad tendon RSI inflamed

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx, supine TFL PRT release,

Post Treatment:

Released well, feeling much better, knee sore still but improved from TFL release

Notes/Extras/Advice

Hamstrings/calves to work on for next treatment, Rest knee, voltaren

Mr Dane Tiffin - Kings Meadows
Thu, 7 Jul 2022 5:33 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General stiffness, LB, tx, cx globally sore

Assessment Findings:

Confirmed presenting/Stress

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx Ortho release L5

Post Treatment:

Released well, feeling much better, stiff legs

Notes/Extras/Advice

Hamstrings/calves to work on for next treatment

Mr Dane Tiffin - Kings Meadows
Thu, 23 Jun 2022 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General stiffness, LB, tx, cx globally sore, Not exercising lately, been unwell.

Assessment Findings:

Confirmed presenting/Stress

Treatment:

DT/POS release with cf techniques in prone full BNS General release, intercostals, LB, Tx,cx Ortho release L5

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 2 Jun 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General stiffness, stress, not sleeping well lately

Assessment Findings:

Confirmed presenting/Stress

Treatment:

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

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 19 May 2022 5:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP,slept in prone last night General stiffness, HA today, stress, calves t from bike riding

Assessment Findings:

Confirmed presenting/Stress

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance + Calveas IASTM, hamstring, Neck/sh focus, Sub occ release

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 5 May 2022 5:34 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP, General stiffness, HA today, Troubles at work, Stress

Assessment Findings:

Confirmed presenting/Stress

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, Neck/sh focus, Sub occ release

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 21 Apr 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LBP, General stiffness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 7 Apr 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Migraine today couple of hours ago, General preventative overall, Soreness in neck/sh from wrapping a boat

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release

Post Treatment:

Released well, Feeling good

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 24 Mar 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has purchased an E-Bike and has been riding regularly, General tightness BNS

Assessment Findings:

Going well, exercising seems to be helping

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 10 Mar 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

BNS+L general preventative care

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release, supine positioning quads sports release

Post Treatment:

Released well, Moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 24 Feb 2022 5:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Still having foot problems, R foot, plantar fascitis, R calf tightness also, Back is feeling good! Has lost 2kgs in 2 weeks!

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release, Plantar IASTM with stretch

Post Treatment:

Released well, Moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 10 Feb 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Plantar fascitis playing up (calves) Into weights again, going well, General upperbody stiffness

Assessment Findings:

Confirmed presenting, General stiffness BNS

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, Calves IASTM release

Post Treatment:

Calves released well, Back released well, Feeling good.. Feet still are sore

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 20 Jan 2022 6:33 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall going well, back into weights, Hurt L ankle 2D ago, but feeling okay now, General maintenance on upperbody

Assessment Findings:

Confirmed presenting

Treatment:

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

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 6 Jan 2022 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Sore overall from fishing, DIY home improvements at home, LB, Neck/sh

Assessment Findings:

Confirmed presenting

Treatment:

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

Post Treatment:

Released well, moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 24 Dec 2021 10:31 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Tightness in Glutes, R anterior delt/biceps tendon throbbing/aching, General maintenance on Legs

Assessment Findings:

Very tight globally, confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, LB sciatic release, IASTM calves

Post Treatment:

Released well, improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 2 Dec 2021 5:35 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well after surgery, has been tired lately, General stiffness

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, anterior delts/biceps release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 11 Nov 2021 5:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Had hemerroids surgery 2w ago, Contraindicated LB-down, Focus on neck/sh

Assessment Findings:

Tightness tx,cx

Treatment:

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

Post Treatment:

Released well, patient happy

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Oct 2021 11:01 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LB soreness, R sciatic soreness, LB was stiff from driving R sh sore from driving, lifting

Assessment Findings:

Treatment:

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

Post Treatment:

Overall release LB feeling good, Shoulder needed a little more

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 30 Sep 2021 5:32 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Started HIIT training, weights, training etc and has been sore, General DOMS muscle soreness

Assessment Findings:

Confirmed presenting,

Treatment:

DT/POS release with cf techniques included in prone, BNS, supine release on quads, sports massage for DOMS

Post Treatment:

Released well, feeling better, L sh sore

Notes/Extras/Advice

Attention for L sh anterior next treatment

Mr Dane Tiffin - Kings Meadows
Thu, 16 Sep 2021 5:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well overall, General maintenance, R sh soreness

Assessment Findings:

Treatment:

DT/POS release with cf techniques full BNS in prone including arms

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 2 Sep 2021 5:30 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Body has going well, started weights, on the treadmill, R sh/biceps tendon sore after reaching behind, felt a pull in shoulder/front of arm

Assessment Findings:

Confirmed patient presenting

Treatment:

DT/POS release with cf techniques in prone, Full BNS+L general release including R biceps tendon

Post Treatment:

R sh biceps tendon sore while getting changed, Rest of body released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 19 Aug 2021 5:31 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Not sleeping well, but overall feeling better in the body, Gone gluten free and feeling much better,

Assessment Findings:

Felt great overall, General maintenance, B arms, Calves,

Treatment:

DT/POS release with cf techniques in prone full BNS+L+Arms

Post Treatment:

Feeling great!

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 5 Aug 2021 5:33 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Pins and needles in fingers lately, Neck/sh soreness in general, LB has been going well overall

Assessment Findings:

BNS was t, L ischial tuberosity hamstrings t, B arms t

Treatment:

DT/POS release with cf techniques in Prone, BNS+hamstrings, B extensors released

Post Treatment:

Feeling much better, anterior hip flexor tightness, overall improved/relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 22 Jul 2021 5:29 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had Colonoscopy last week, L LB tightness, B ribs tightness from coughing (Asthma), Neck/sh t, Has been getting cramping from puffers, calves

Assessment Findings:

Ant ribs B, Full back t, R side tightness.

Treatment:

DT/POS release in prone with cf techniques, full BNS, Intercostals included to anterior ribs

Post Treatment:

Light headed off the table, Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 8 Jul 2021 6:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been in hospital from Covid Jab, Feeling better now, Neck/sh soreness in ribs, B arms have been sore/triceps

Assessment Findings:

confirmed findings on BNS tightness

Treatment:

DT/POS release BNS in prone with cf techniques included, included triceps release

Post Treatment:

Feeling heaps better, relaxed in shoulders,

Notes/Extras/Advice
