

#### All notes

With Practitioner: Mr Dane Tiffin

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#### Medical Warning

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#### Reminders/Notifications

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Mr Dane Tiffin - Kings Meadows

Mon, 24 Jul 2023 3:00 pm

## 1 HR Remedial Massage Treatment

#### Patients Presenting Issues:

LHS ankle, RHS quad tightness, back tightness, inhale breath it pulls on RHS rib, neck tightness

#### Assessment Findings:

Confirmed presenting

#### Treatment:

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos, Focus tx, neck release, Quads release

#### Post Treatment:

Released well, Feeling better overall

#### Notes/Extras/Advice

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Mr Dane Tiffin - Kings Meadows

Mon, 3 Apr 2023 2:03 pm - Edited by Dane 3/4/23 03:00 pm

## 1 HR Remedial Massage Treatment

#### Patients Presenting Issues:

RHS sciatic, general BNS preventative care

#### Assessment Findings:

Confirmed presenting

#### Treatment:

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos, Focus tx, neck release, piriformis release B, RHS focus

#### Post Treatment:

Released well, Feeling better overall

#### Notes/Extras/Advice

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Mr Dane Tiffin - Kings Meadows

Mon, 6 Jun 2022 3:05 pm

## 1 HR Remedial Massage Treatment

#### Patients Presenting Issues:

LHS ankle in moon boot, 2 torn ligaments, Most likely need surgery.. Back compensation, Soreness in arms neck/sh present today

#### Assessment Findings:

Confirmed presenting

#### Treatment:

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos, Focus tx, neck release

#### Post Treatment:

Released well, Feeling better, bit stiff in LB getting off table

#### Notes/Extras/Advice

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Mr Dane Tiffin - Kings Meadows  
Thu, 14 Apr 2022 4:04 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

Ankle no longer swollen, physio strapped to maintain stability, L elbow soreness, LBP, general BNS tightness

**Assessment Findings:**

Confirmed presenting

**Treatment:**

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos, Supine HF ortho release, Quads released, Fascial neck

**Post Treatment:**

Released well, Feeling better

**Notes/Extras/Advice**

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Mr Dane Tiffin - Kings Meadows  
Thu, 17 Mar 2022 1:34 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

Sprained RHS ankle again, Going well with physio, L supra tightness, Neck/sh, LB soreness

**Assessment Findings:**

Confirmed presenting

**Treatment:**

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos, Supine HF ortho release, Quads released, Fascial neck

**Post Treatment:**

Released well, Feeling better

**Notes/Extras/Advice**

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Mr Dane Tiffin - Kings Meadows  
Mon, 6 Sep 2021 2:03 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

Having trouble walking, Sore LB, thoracolumbar,

**Assessment Findings:**

Confirmed patient presenting, B legs t fully,

**Treatment:**

DT/POS release with cf techniques full BNS+L in prone including IASTM calves stretch pos

**Post Treatment:**

Released well, moving much better

**Notes/Extras/Advice**

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Mr Dane Tiffin - Kings Meadows  
Mon, 9 Aug 2021 2:04 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

R sciatic release from Ian has been effective, General maintenance

**Assessment Findings:**

Confirmed patient presenting

**Treatment:**

DT/POS release in prone with cf techniques, full BNS with IASTM calves, Supine quads release

**Post Treatment:**

Released well overall

**Notes/Extras/Advice**

Has swollen L ankle, refer for DN for swelling

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Mr Dane Tiffin - Kings Meadows  
Mon, 12 Jul 2021 3:03 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

LB soreness, Neck/sh general soreness.

**Assessment Findings:**

General soreness in Back, General maintenance legs

**Treatment:**

DT/POS release with cf techniques included in prone including legs/feet

**Post Treatment:**

Feeling better, LB improved but still slight stiffness in spinal flexion

**Notes/Extras/Advice**

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Mr Dane Tiffin - Kings Meadows  
Mon, 21 Jun 2021 2:02 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

Usual areas, Hips, traps/neck/sh

**Assessment Findings:**

Confirmed patient presenting, full prone, general t, B hips t

**Treatment:**

DT/POS release with cf techniques full prone only release legs included & BNS

**Post Treatment:**

Feeling much better, released well

**Notes/Extras/Advice**

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Mr Dane Tiffin - Kings Meadows  
Mon, 31 May 2021 2:02 pm

## 1 HR Remedial Massage Treatment

**Patients Presenting Issues:**

B arms sore L ankle soreness, Gate pattern indicating ankle issues, LBP, general tightness full prone

**Assessment Findings:**

Full prone tightness, B hips were locked up and tight, L SH T, B HF t

**Treatment:**

Full prone DT/POS release with cf techniques, IASTM B calves with stretch pos, Supine Ortho release for PSOAS, L 1st rib

**Post Treatment:**

Released well, More movement for LB, neck sh

**Notes/Extras/Advice**

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