

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Reminders/Notifications

Mr Dane Tiffin - Kings Meadows

Thu, 3 Aug 2023 4:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS neck pain, LHS lateral rotation affected/inhibited, neck flexion pain/pulls, cervical extension very painful, LHS pain/compensation pattern into LB,.

Assessment Findings:

Confirmed presenting, lev scap LHS/scalenes/SCM vt

Treatment:

DT/POS release with cf techniques in prone full BNS, tx,cx focus, mainly cx, LB addressed, supine chest/sh, anterior neck, scalenes/SCM release, traps release, TrP rotational release on all cervical listed. Levator scap especially

Post Treatment:

Feeling much better, released well, 60% better,

Notes/Extras/Advice

Dry Needling if persisting to Levator scap/trap

Mr Dane Tiffin - Kings Meadows

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Post Treatment:

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Notes/Extras/Advice

Dry Needling if persisting to Levator scap/trap

Mr Dane Tiffin - Kings Meadows

Thu, 20 Jul 2023 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going okay, general preventative, Neck/sh stiffness.

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General preventative, tx,cx focus, mainly cx, LB addressed

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 23 Feb 2023 6:02 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going okay, general preventative care, lots of gym work lately, no Patient lately, LHS elbow clicking, B knees have been sore. while seated

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General preventative, tx,cx focus, mainly cx, LB addressed, Full leg release, quads,hamstrings/calves, Chest/sh release

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 24 Nov 2022 6:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going okay, general preventative care, lots of gym work lately, LB stiffness, No pain like before

Assessment Findings:

Confirmed presenting, going well

Treatment:

DT/POS release with cf techniques in prone full BNS General preventative, tx,cx focus, mainly cx, LB addressed

Post Treatment:

Feeling much better, 100% now, Released well

Notes/Extras/Advice

Recommended preventative treatment monthly

Mr Dane Tiffin - Kings Meadows
Thu, 23 Jun 2022 7:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Previous treatment released, but it's only just returned, LHS Neck pain, Trap pain, General LB stiffness, Gets stiff from weight lifting,

Assessment Findings:

Confirmed presenting, LHS locked up, Shoulder rolling forward pulling posterior

Treatment:

DT/POS release with cf techniques in prone full BNS General preventative, tx,cx focus, mainly cx, LHS, TP release, trap,supra, Supine pos chest/sh/anterior neck fascial release

Post Treatment:

Feeling much better, 100% now, Released well

Notes/Extras/Advice

Recommended preventative treatment monthly

Mr Dane Tiffin - Kings Meadows
Thu, 28 Apr 2022 3:04 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS Neck pain, Trap pain, General LB stiffness, Gets stiff from weight lifting,

Assessment Findings:

Confirmed presenting, LHS locked up, Shoulder rolling forward pulling posterior

Treatment:

DT/POS release with cf techniques in prone full BNS General preventative, tx,cx focus, mainly cx, LHS, TP release, trap,supra, Supine pos chest/sh/anterior neck fascial release

Post Treatment:

Feeling much better, 100% now, Released well

Notes/Extras/Advice

Recommended preventative treatment monthly

Mr Dane Tiffin - Kings Meadows
Thu, 2 Sep 2021 4:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Soreness from the gym, L side traps/LB

Assessment Findings:

Confirmed patient presenting

Treatment:

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

Post Treatment:

Released well, Neck/sh moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 5 Aug 2021 3:49 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Started at the gym, sore after lifting weights in LB L moreso, but both feel sore, B neck/sh

Assessment Findings:

L SIJ, Glute med tightness, General tx,cx stiffness

Treatment:

DT/POS release with cf techniques in Prone, BNS general release

Post Treatment:

Released really well, moving heaps better, LBP has relieved.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 1 Jul 2021 7:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

L sh/trap/neck soreness, L side hip into knee, Neck lateral rotation/flexion affected

Assessment Findings:

Confirmed patient presenting, Including B HF/TFL tightness, Quads also t

Treatment:

DT/POS release with cf techniques in prone BNS+L, Focus upper tx L, Supine for B quads, Ortho release for HF/TFL, scalenes fascial release, rotational/lateral flexion

Post Treatment:

Feeling relaxed, Moving much better, Improved ROM in neck lateral rotation/flexion

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 7 Jun 2021 3:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Sore back for weeks, went to lemon tree for massage and felt worse, L neck, LB sore, mainly from netball

Assessment Findings:

R neck tightness, into sh, LS, splenius, R hip t, glute medius, R QL, R leg shorter also.

Treatment:

DT/POS release with cf techniques in Prone, full BNS, main focus R trap/neck, R hip

Post Treatment:

Moving much better, no pain, increased movement.

Notes/Extras/Advice
