

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

Bowel Surgery Jan 2021 - Colostomy Bag (permanant)
Cannot lay prone, seated massage advised for neck/back work
Supine or SP is safe and recommended
Inflammation and pain, mainly experienced in R Lower leg, TA, Calf, front of ankle
Needs a walker to be mobile
Stopped driving herself Dec 2020

Retired

Louise Bland daughter

Reminders/Notifications

In Balance - Tracy, Lymphatic Drainage Massage
6334 4766

Mr Dane Tiffin - Kings Meadows

Fri, 22 Sep 2023 11:30 am - Edited by Dane 22/9/23 11:58 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting, RHS tibialis t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release RHS focus, quads included, medial knee

Post Treatment:

Released well, improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Fri, 15 Sep 2023 11:00 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, RHS knee soreness - Burst bakers cyst posterior knee last week, Knee pain has improved since.

Assessment Findings:

Confirmed presenting, RHS tibialis t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release RHS focus, BNS release, neck/sh

Post Treatment:

Released well, improved, going well since bakers cyst burst, less pain sleeping at night

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Sep 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, RHS knee soreness - Burst bakers cyst posterior knee last week, Knee pain has improved since.

Assessment Findings:

Confirmed presenting, RHS tibialis t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release RHS focus

Post Treatment:

Released well, improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 1 Sep 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, RHS knee soreness

Assessment Findings:

Confirmed presenting, RHS tibialis t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release RHS focus

Post Treatment:

Released well, improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 25 Aug 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, RHS knee soreness

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 18 Aug 2023 11:00 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS to check, RHS superior to knee pain from a close call fall.

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included, anterior sh/biceps, anterior knee release, tibialis B

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 11 Aug 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, Had cortisone injection in RHS knee, had already noticed improvements, and is sleeping better now.

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 4 Aug 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, RHS anterior delt soreness, Bruise on forearm

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, delt biceps release

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 28 Jul 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 21 Jul 2023 11:00 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS to check

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included, anterior sh/biceps

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 14 Jul 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 7 Jul 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care, RHS sh pain has resolved itself

Assessment Findings:

Confirmed presenting, LHS lateral ankle soreness

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, Improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 30 Jun 2023 11:30 am - Edited by Dane 30/6/23 04:49 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care, RHS sh pain, under rib/sh blade also

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better overall

Notes/Extras/Advice

RHS sh to address next treatment

Mr Dane Tiffin - Kings Meadows
Fri, 23 Jun 2023 11:00 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS to check

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included, anterior sh/biceps

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 16 Jun 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 9 Jun 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care, Alex (grand daughter) pregnant 12w

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 2 Jun 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 26 May 2023 11:00 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS to check

Assessment Findings:

Confirmed presenting, going well, TFL feeling good, overall everything feeling better than previous treatment

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included, anterior sh/biceps

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 19 May 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs preventative care, Having a gynocology minor surgery next Tuesday

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 5 May 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Infection in Kidney, Had Covid, was in Hospital for 10 days, got out 1w ago, B arms, B legs are sore

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 14 Apr 2023 11:29 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release,

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 17 Mar 2023 11:28 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, LHS adductor release, TFL

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 3 Mar 2023 11:03 am - Edited by Dane 3/3/23 11:56 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, LHS TFL t, BNS to check

Assessment Findings:

Confirmed presenting, going well, TFL feeling good, overall everything feeling better than previous treatment

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, LHS adductor release, TFL, BNS included, anterior sh/biceps

Post Treatment:

Released well, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 24 Feb 2023 11:33 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, LHS TFL t

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, LHS adductor release, TFL

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 17 Feb 2023 11:29 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, LHS TFL t

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, LHS adductor release, TFL

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 10 Feb 2023 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, LHS TFL t

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, LHS adductor release, TFL

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 3 Feb 2023 11:01 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS/LB included

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS anterior sh/biceps, LB release, LHS adductor release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 20 Jan 2023 11:33 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, tightness today

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, tibialis release, extensor/brachialis release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 13 Jan 2023 11:04 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS/LB included

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS anterior sh/biceps, LB release, LHS adductor release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 6 Jan 2023 11:32 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 23 Dec 2022 11:11 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, BNS/LB included

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS anterior sh/biceps, LB release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

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

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 9 Dec 2022 11:33 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 25 Nov 2022 11:01 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS anterior sh/biceps

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 18 Nov 2022 11:30 am

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care, LHS leg moreso

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 10 Nov 2022 2:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 3 Nov 2022 3:27 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 27 Oct 2022 2:34 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS anterior sh/biceps

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 20 Oct 2022 2:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 13 Oct 2022 2:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, preventative care

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 15 Sep 2022 2:27 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, LHS adductor improved, no issue

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, adductor LHS only release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 8 Sep 2022 2:33 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment, LHS adductor t

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t, LHS adductor t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included, LHS adductor treated, light myofascial cupping release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 1 Sep 2022 2:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, LHS adductor sore today

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, adductor LHS only release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 25 Aug 2022 2:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 18 Aug 2022 2:31 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included.

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 11 Aug 2022 1:35 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 4 Aug 2022 2:30 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, BNS included.

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 29 Jul 2022 2:17 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included.

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 21 Jul 2022 3:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included.

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 15 Jul 2022 2:17 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

RHS leg tightness

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 7 Jul 2022 3:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 1 Jul 2022 2:17 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 24 Jun 2022 3:13 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 17 Jun 2022 1:02 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, R LB, RSH tibialis/ankle, LHS LB/Intercostals t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included.

Post Treatment:

Released well

Notes/Extras/Advice

LHS LB area kidney to be assessed from GP, Area felt harder to touch

Mr Dane Tiffin - Kings Meadows
Fri, 10 Jun 2022 12:59 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 27 May 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 20 May 2022 1:01 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, B sh sore, R LB, B legs sore, L brachialis/tricep tightness

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 13 May 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 6 May 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 29 Apr 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 22 Apr 2022 1:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, BNS generalised treatment

Assessment Findings:

Confirmed presenting, B sh sore, R LB, B legs sore, L brachialis/tricep tightness

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, BNS included

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Apr 2022 12:59 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Supine treatment B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 25 Mar 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 18 Mar 2022 1:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg soreness, B arms soreness

Assessment Findings:

Confirmed presenting, B legs, L TA, R whole calf/TA soreness, Back was tight also

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release in supine, Prone positioning for Neck/sh/back general release

Post Treatment:

Released well, Moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 11 Mar 2022 1:03 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 4 Mar 2022 1:01 pm - Edited by Dane 4/3/22 01:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs, Preventative care

Assessment Findings:

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, Lymphatic techniques, Hip lymph, knee lymph stimulation, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 25 Feb 2022 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms/B legs preventative care, lateral R ankle sore

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feelin much better now

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 18 Feb 2022 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms/B legs Back/sh attention

Assessment Findings:

Confirmed presenting, L sh/arm sore, B intercostals t

Treatment:

Prone, Back/sh treatment including B arms, B leg treated with longitudinal strokes, med pressure release, Lymphatic techniques, Hip lymph, knee lymph stimulation, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well, Moving better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 11 Feb 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms/Legs maintenance

Assessment Findings:

Improvements have been made, confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, Lymphatic techniques, Hip lymph, knee lymph stimulation, Light compression/longitudinal strokes towards heart

Post Treatment:

Oedema has gone down significantly around ankles, and shins, Compression stockings/lymphatic massage is very effective, Improving well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 4 Feb 2022 1:29 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms/Legs tightness, New compression stockings today

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 28 Jan 2022 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B Arms, B legs, TA soreness

Assessment Findings:

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, Lymphatic techniques, Hip lymph, knee lymph stimulation, Light compression/longitudinal strokes towards heart

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 21 Jan 2022 12:57 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs maintenance, Has been to lymphatic drainage lady, got compression stockings

Assessment Findings:

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, Lymphatic techniques, Hip lymph, knee lymph stimulation, Light compression/longitudinal strokes towards heart

Post Treatment:

Feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 14 Jan 2022 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Feeling good this week, last week helped a lot, General maintenance B arms and B legs

Assessment Findings:

Overall going well today, Arms were good, L TA a little t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release in supine

Post Treatment:

Released well, maintaining well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 7 Jan 2022 1:02 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg soreness, B arms soreness

Assessment Findings:

Confirmed presenting, B legs, L TA, R whole calf/TA soreness, Back was tight also

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release in supine, Prone positioning for Neck/sh/back general release

Post Treatment:

Released well, Moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 17 Dec 2021 2:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B legs/arms maintenance

Assessment Findings:

Confirmed presenting, slightly sore

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 3 Dec 2021 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General maintenance B arms, legs

Assessment Findings:

Confirmed presenting, No issues, going well

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release, supine

Post Treatment:

Feeling good overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 26 Nov 2021 2:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B legs, B arms maintenance

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 19 Nov 2021 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs maintenance

Assessment Findings:

Confirmed presenting

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released, maintaining well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 12 Nov 2021 1:32 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Maintaining well, has been sleeping better, B arms, BNS, Legs to be treated

Assessment Findings:

B sh anterior t, General maintenance

Treatment:

B arms, R leg treated with longitudinal strokes, med pressure release, supine positioning, B ant sh release

Post Treatment:

Feeling better, released

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 5 Nov 2021 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall going well General maintenance

Assessment Findings:

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Feeling great today

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 29 Oct 2021 2:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms, B legs maintenance

Assessment Findings:

confirmed presenting, L leg tibialis t

Treatment:

B arms, B leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 22 Oct 2021 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B legs, arms, anterior delt tightness

Assessment Findings:

Treatment:

B arms, R leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 14 Oct 2021 1:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg sore, twisted it in bed, TA/calf t, B arms t/sore

Assessment Findings:

Confirmed presenting

Treatment:

B arms, R leg treated with longitudinal strokes, med pressure release

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 8 Oct 2021 1:01 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

General maintenance, B arms, B sh, B legs

Assessment Findings:

Treatment:

General maintenance, released well

Post Treatment:

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 1 Oct 2021 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms soreness, brachialis, B legs sore, TA

Assessment Findings:

Confirmed presenting

Treatment:

Longitudinal strokes med pressure release for Mentioned areas

Post Treatment:

Released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 17 Sep 2021 1:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Doctor given clearance for longitudinal strokes for R leg post cellulitis infection

Assessment Findings:

Treatment:

Med pressure longitudinal strokes on B legs in supine with B arms/hands released

Post Treatment:

Feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 10 Sep 2021 1:01 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg Cellulitis 2w ago, Anti biotics taken, has fully recovered, General maintenance arms neck/sh/chest L leg

Assessment Findings:

Treatment:

Med pressure release on maintenance areas for 1 hour

Post Treatment:

Feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 27 Aug 2021 2:26 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Has some Oedema in R leg

Assessment Findings:

Confirmed patient presenting, General maintenance on arms, B legs

Treatment:

Med pressure longitudinal strokes towards the heart B legs, arms

Post Treatment:

Moving okay, feeling better, Oedema still present

Notes/Extras/Advice

Elevate legs above heart, Use compression stockings, Contact doctor if swelling/oedema persists

Mr Dane Tiffin - Kings Meadows
Fri, 20 Aug 2021 2:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

B legs/Arms soreness/stiffness

Assessment Findings:

Confirmed presenting

Treatment:

Medium pressure Fascial/longitudinal strokes to arms/legs in supine

Post Treatment:

Released well, feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 13 Aug 2021 1:31 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg issues, Shoulders aren't feeling great, arms general t

Assessment Findings:

Confirmed patient presenting, including B biceps t

Treatment:

Supine treatment, B arms/biceps, neck/ant chest med pressure/fascial release, B front of legs, tibialis, calves release longitudinal strokes med pressure

Post Treatment:

Released well, moving better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 6 Aug 2021 1:32 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

R leg has been playing up, overall not going too bad

Assessment Findings:

R TA t, L TA not as t, L brachialis t

Treatment:

Longitudinal strokes med pressure for b legs in supine and arms

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 30 Jul 2021 2:00 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well, General maintenance B arms, B legs - Slept well, not waking up in pain anymore, feeling tired/fatigued today

Assessment Findings:

Confirmed patient presenting, general maintenance

Treatment:

Longitudinal strokes on B legs, med pressure, B arms seated released

Post Treatment:

Feeling great, moving much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 23 Jul 2021 2:02 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Going okay, Same general areas, R leg, B, arms

Assessment Findings:

L TA/leg t/sore, R leg was good, B arms general t

Treatment:

Med pressure release with fascial release B arms, B TA legs

Post Treatment:

Feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 16 Jul 2021 1:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well, No significant pain, General maintenance, B arms, Back/sh, Legs, Supine and seated only

Assessment Findings:

R lower extremity t, Calf/TA, B ant sh, biceps t

Treatment:

Longitudinal strokes on B legs, calves/ta, Supine lying scm/scalenes fascial release, med pressure strokes on biceps/sh

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 9 Jul 2021 1:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General maintenance, B TA's/calves

Assessment Findings:

No issues/pain, very minor R lateral knee

Treatment:

Longitudinal strokes med pressure B TA/Calves release

Post Treatment:

Feeling great

Notes/Extras/Advice

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

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Had skin removal on L superior eyebrow, caused black eye on L, Overall general tightness L leg, R also

Assessment Findings:

Confirmed patient presenting

Treatment:

B arms treated seated pos, Supine pos for B legs, TA/Calves, Med pressure/fascial release

Post Treatment:

Feeling much better, moving better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 18 Jun 2021 1:00 pm

1/2HR Treatment

General legs B R moreso were sore

Assessment found B arms were t, (extensors), But legs improved from previous week

Released well with med pressure fascial longitudinal strokes.

Mr Dane Tiffin - Kings Meadows
Fri, 11 Jun 2021 1:33 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

Pain medication reduced, but overall pain has increased

Assessment Findings:

R leg TA, medial t, L sore but not as bad

Treatment:

Light fascial release on B legs, longitudinal, antinflamme, cross fibre (light), B arms treated seated DT

Post Treatment:

Feeling better, less pain

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 3 Jun 2021 3:01 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

General maintenance, going well, B arms general, B legs TA/Calves general

Assessment Findings:

General maintenance mainly, B arms, L lateral ankle was sore, General maintenance for legs

Treatment:

Med pressure, fascial, longitudinal strokes in Supine for B arms, B legs (calves, TA)

Post Treatment:

Released well, walking easier, reduced pain

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 28 May 2021 1:34 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B arms general tightness, R leg, Legs overall going well, back going well

Assessment Findings:

R medial Gastroc was t, general R leg was good, same with L, Neck stiffness, B sh ant/medial sore, back going well

Treatment:

Medium pressure release longitudinal release B legs in supine, Supine release for scm/scalenes, rotational release MET, Ortho release ant/med deltoid, seated massage for BNS

Post Treatment:

Feeling much better, walking great, increased movement in neck

Notes/Extras/Advice

Continue Dorsiflexion exercises for tibialis strengthening, continue physio recommended exercises, continue weekly treatment

Mr Dane Tiffin - Kings Meadows
Fri, 21 May 2021 1:26 pm

1/2 HR Remedial Massage Treatment

Patients Presenting Issues:

R TA, leg pain, Calf, maintenance for Arms, not sleeping well (Reduction in pain medications)

Assessment Findings:

Oedema surrounding knee/ankle, T TA, calf R, L was going well today

Treatment:

General DT for arms, R TA light pressure longitudinal strokes, antinflamme cream used

Post Treatment:

Feeling much better, reduce pain symptoms in R leg

Notes/Extras/Advice

Unweighted TA raises, ankle circle exercises, continue using LED ray lamp
