

All notes

With Practitioner: Mr Dane Tiffin

Medical Warning

DO NOT ADJUST C1 ASLP.

Acute LBP, ongoing

Meriere's Disease - Diagnosed Age:32

Multiple Sclerosis

2008 Motorbike accident - Broke R knee

6 months in knee brace + 3m rehab

Previously a Massage therapist

Currently Call center work - Westpac

ADJUSTING CERVICALS SUPINE WORKS BETTER

Reminders/Notifications

Feet to not be covered in warm weather

15 yr old son - Josh

12 yr old daughter - Jessica

Mr Dane Tiffin - Kings Meadows

Mon, 31 Jul 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

No changes on stomach issues, Saw Dr Vu last week, felt better overall, Had CT scan.. L1-4 issue? waiting for confirmation.. Bone Density scan in September, Body overall soreness, mainly LB.

Assessment Findings:

Confirmed presenting, moving well today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, B lats/serratus/intercostals release

Post Treatment:

Released well, improved, feeling great!

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows

Mon, 17 Jul 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

No update for stomach issues, lots of tests with no abnormal results currently, Body is going pretty well, has been resting, has the kids for school holidays next week, On holidays Friday for a week

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, B lats/serratus/intercostals release

Post Treatment:

Released well, improved, feeling great!

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 3 Jul 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been having stomach issues lately, lots of bloating.. The body itself just feels tired and stiff overall, nothing in particular

Assessment Findings:

Confirmed presenting, Moving slow today, very stiff

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, B lats/serratus/intercostals release

Post Treatment:

Released well, improved, stiff getting off of the table today

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 19 Jun 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had a fall backward 4 days ago, body is feeling sore from the fall, moreso stiff, Feeling the "winter",

Assessment Findings:

Confirmed presenting, Moving well today, sore from the fall in LB

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, B lats/serratus/intercostals release

Post Treatment:

Released well, improved overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 5 Jun 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Body stiffness from Winter, General preventative care, BNS+L, overall going well, been still walking upright/straight

Assessment Findings:

Confirmed presenting, Moving well today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, B lats/serratus/intercostals release

Post Treatment:

Released well, feeling great!

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 22 May 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative care, BNS+L, overall going well, been still walking upright/straight, Hasn't been horse riding lately, Is looking at indoor rock climbing with physio, waiting for OT

Assessment Findings:

Confirmed presenting, Stiff today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, overall improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 8 May 2023 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

General preventative care, BNS+L, overall going well, been still walking upright/straight, has been able to walk without crutches at times,

Assessment Findings:

Confirmed presenting, Stiff today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, overall improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 27 Mar 2023 4:01 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been doing different physio, Has been working standing up straight, and has been helping, General preventative care, BNS+L

Assessment Findings:

Confirmed presenting, moving well

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, improved overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 27 Feb 2023 3:44 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

LHS traps/neck tightness affected in lateral rotation, General preventative care, BNS+L, RHS arm fixed, back horse riding, Back of casino, Very happy, has been helping, continual visit fortnightly

Assessment Findings:

Confirmed presenting, Reactive movement through passive movement and also reactive during treatment, LHS TrP Trap vt

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, improved overall, Slow to get up today/stiff

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 13 Feb 2023 4:01 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

RHS ulnar RSI is feeling much better, previous treatment helped a lot, Stiffness mainly, General preventative care, BNS+L, Wanting to focus on posture

Assessment Findings:

Confirmed presenting, Moved well for passive movement, but got reactive during treatment

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B extensors/flexors/triceps release, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, improved overall, Slow to get up today

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 30 Jan 2023 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stress lately, Developing RHS ulnar RSI Stiffness mainly, General preventative care, BNS+L

Assessment Findings:

Confirmed presenting, stiffness upon passive movement/ortho, but came right after movement performed

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, B extensors/flexors/triceps release, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, improved, very happy with arms being released

Notes/Extras/Advice

Include arms in follow up treatments

Mr Dane Tiffin - Kings Meadows
Mon, 16 Jan 2023 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness mainly, going well all things considering, General preventative care

Assessment Findings:

Confirmed presenting, stiffness upon passive movement/ortho, but came right after movement performed

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 19 Dec 2022 3:43 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness mainly, No further presenting, RHS hip mainly.

Assessment Findings:

Confirmed presenting, moving well today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall, a little stiff coming off of the table today

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 5 Dec 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiffness mainly, No further presenting, Horse riding still helping, Not as much pain as of late since horse riding

Assessment Findings:

Confirmed presenting, hard to move today. very stiff and slow

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 21 Nov 2022 4:05 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Has been in need of massage, decided she needs fortnightly treatments regardless of who, Stiffness mainly, No further presenting, Horse riding still helping,

Assessment Findings:

Confirmed presenting, hard to move today. very stiff and slow

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 24 Oct 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Has found new hobby which has been helping with the body lately, no fatigue, pain,foot drop afterwards, Only had 1 session, Body has felt the best it has for a while

Assessment Findings:

Confirmed presenting, hard to move today. very stiff and slow

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Fri, 14 Oct 2022 10:34 am

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had MS kickin last few days, had to medicate which produced external pain muscular, Full posterior tightness

Assessment Findings:

Confirmed presenting, hard to move today. very stiff and slow

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 26 Sep 2022 3:55 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going really good today, no complaints, went for short holiday to lakes, enjoyed it.. General preventative care globally, feeling better, no falls lately

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 12 Sep 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going better overall, Stiffness globally, feeling better, no falls lately

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 29 Aug 2022 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going better overall, Stiffness globally, Hips RHS moreso t,

Assessment Findings:

Confirmed presenting, improved compared to previous treatment

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made, feeling great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 15 Aug 2022 3:57 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had major fall Friday night, (3 days ago), Very sore lately, struggling, Has been icing, heat, theragun which has helped,

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, L1-3 Ortho, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 1 Aug 2022 4:02 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Going well overall, Saw Vu last week and seems to be going well, Nearly had a fall last night but caught herself, LB, neck/sh Hips

Assessment Findings:

Confirmed preseting, Hips moved much easier today with Ortho and hip mobilisation

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 18 Jul 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Overall has been going well, General areas, LB, legs etc, Not in as much pain, Just stiffness mainly to report, Has been focusing on posture and moving a bit more, has changed physio which has been beneficial with working contra-laterally

Assessment Findings:

Confirmed preseting, Hips moved much easier today with Ortho and hip mobilisation

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 4 Jul 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Was going really well until forgot chiro appointment, now feeling sore and stiff lately, all regular areas

Assessment Findings:

Confirmed presenting, Very hard to move for hip mobilisation & ortho/prt again today, LB/hips very sore today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, improvements made

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 20 Jun 2022 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Body doing better lately, All general areas, HF, LB, Legs, Neck/sh to address

Assessment Findings:

Confirmed presenting, Very hard to move for hip mobilisation & ortho/prt today

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, sore in back getting off the table, feels okay now moving around

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 6 Jun 2022 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Body feeling the cold lately, stiff, struggling to warm up, HF tightness, LB. Overall same general areas

Assessment Findings:

Confirmed presenting, much better this week

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, Feeling much better, standing up much straighter

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 23 May 2022 3:55 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Getting better, Not as fatigued lately, all the same regular areas to treat.

Assessment Findings:

Mobility HF work was hard to perform, Kathryn was spasming a lot, LBP present on B sides including QL's, Generalised tx,cx stiffness

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, Feeling much better, standing up much straighter

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 9 May 2022 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had covid recently since last treatment, Really struggled, Legs very restless lately, ROM bad lately

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, Passive movement for legs, R moreso, L Hip Bolstered

Post Treatment:

Released well, Feeling much better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 28 Feb 2022 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Been going well overall, Since HF treatment, Global tightness BNS+L

Assessment Findings:

Confirmed presenting

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, R moreso, L Hip Bolstered

Post Treatment:

Released well, Feeling really good

Notes/Extras/Advice

L Hip Bolstered, HF stretching recommended

Mr Dane Tiffin - Kings Meadows
Mon, 14 Feb 2022 4:06 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Had a fall coming into practice today, Due to tight hip flexors, R hip flexor, Global tightness

Assessment Findings:

BNS soreness, R HF, B legs sore

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included, Supine Ortho HF/PRT release B, R moreso

Post Treatment:

Released well, Feeling heaps better

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 31 Jan 2022 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Walking on beach for 5 days has helped, Feeling great overall, Not in as much pain, Has started new exercise program and has helped, Lots of core work seated inbetween calls at work, Full general prone BNS+L maintenance

Assessment Findings:

Overall feeling good for Kathryn, R side rhomboids/traps very t

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included

Post Treatment:

Released well, Feeling great, relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 20 Jan 2022 4:06 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Soreness on R hip, Had a fall 5 days ago, R intercostals t, Neck/sh general t

Assessment Findings:

Confirmed presenting, overall massive improvement from 2W ago, Maintaining well

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Longitudinal med pressure strokes on legs, LB release, tx,cx included

Post Treatment:

Released well today, able to straighten leg and hip with ease now

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Thu, 6 Jan 2022 6:35 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

R side LBP/legs pain, Legs have oedema, feels to be a heat related issue,

Assessment Findings:

LBP and stiffness present

Treatment:

DT/POS release with cf techniques in prone full BNS+L Longitudinal strokes legs, B LB, intercostal focus, tx,cx release, anterior sh/biceps tendon release

Post Treatment:

Released well, Feeling much better today

Notes/Extras/Advice

L Hip Bolstered

Mr Dane Tiffin - Kings Meadows
Mon, 6 Dec 2021 4:05 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Ribs have been sore lately, R side mainly, seeing Ian weekly has seemed to have helped, oedema in legs is still present, Overall same general tightness, not too much improvement

Assessment Findings:

Continual spasming throughout treatment, even with lighter pressure

Treatment:

DT/POS release with cf techniques in prone upperbody only, hips/intercostals, tx,cx release, Legs longitudinal strokes med pressure, passive movement for legs at end of massage

Post Treatment:

Stiff post treatment, slow to move, Hard to say if any improvements overall

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 22 Nov 2021 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Still has Oedema, wanting to change GP's, General global tightness, mainly in LB, Weekly adjustments seems to be helping

Assessment Findings:

Treatment:

DT/POS release with cf techniques in prone full BNS+L General maintenance, relaxation strokes on legs.

Post Treatment:

Stiffness post treatment, needs passive movement of legs, overall improved globally

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 8 Nov 2021 4:07 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

General tightness, normal for kathryn, Oedema in legs has been bad lately, skin feels tight.

Assessment Findings:

Body was very active to spasming/cramping during treatment, confirmed presenting, L hip t

Treatment:

Full prone treatment, B legs slow fascial release, lymphatic movements, DT with CF techniques for upper body

Post Treatment:

Still cramping/spasming post treatment, Minor improvements today

Notes/Extras/Advice

Schedule appointments with Dr Vu - Kathryn noticed great benefit from him

Mr Dane Tiffin - Kings Meadows
Mon, 25 Oct 2021 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Very sore from sitting in hospital chairs, back feels out, general overall prone treatment

Assessment Findings:

Treatment:

DT/POS release with cf techniques in prone full BNS+L General treatment, B legs relaxation longitudinal strokes

Post Treatment:

Feeling fantastic post treatment, did fall asleep intermittently

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 11 Oct 2021 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

B leg brace, feels like it's straightening up, they're uncomfortable.. Only on for 4 hours daily, Has been getting oedema, General maintenance overall, LB, Neck/sh Legs

Assessment Findings:

Confirmed patient presenting

Treatment:

DT/POS release with cf techniques in prone full BNS General maintenance, Legs - med pressure, longitudinal strokes relaxation techniques

Post Treatment:

Feeling much better, Improved, Relaxed

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 13 Sep 2021 4:05 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Everything feeling challenging, takes half an hour getting out of bed, moving slower, Not going well physically and mentally.. Spasming frequently still in the legs

Assessment Findings:

Didn't spasm during treatment (great news), Tx,cx tightness, LB also tight

Treatment:

DT/POS release with cf techniques full BNS+L general release, Slower relaxation strokes for legs effective, Full prone only, Included biceps tendons/ant sh

Post Treatment:

Released well, feeling relaxed, decreased pain

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 30 Aug 2021 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Felt better for incorporating more rest helped relax legs, Had a fall last week, went and saw Ian for adjustment, felt much better, Overall feeling okay today, General Stiffness, legs have been behaving

Assessment Findings:

Confirmed patient presenting, legs behaved mostly today, B traps/sh were very t, tx, also B LB/QL

Treatment:

DT/POS release with cf techniques, in prone full BNS+L, General release, focused on assessment findings

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 16 Aug 2021 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

R side soreness, Hips are sore, Had a fall last week, feel backwards and landed on posterior.

Assessment Findings:

Constant spasming during treatment, Restless legs/hips, Overall tightness in main areas of concern.

Treatment:

DT/POS release with cf techniques in prone full BNS+L, Legs interrupted from constant spasming, Mainly treated Hips, tx,cx

Post Treatment:

Really struggled getting off the table today, Movement is hard, Minor improvements from treatment, Constant spasming during treatment

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 2 Aug 2021 4:03 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Sore today, Has weened off nicotine patches, Had viral cough for a couple of weeks, feeling unwell, Has been better today, Hasn't had treatment in 3 weeks, feeling sore - Hips sore, legs stiff.

Assessment Findings:

Confirmed presenting, General stiffness, LB was sore.

Treatment:

DT/POS release in prone with cf techniques BNS+L IASTM calves, General release

Post Treatment:

A bit light headed post treatment, but body significantly improved

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 5 Jul 2021 4:05 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

General tightness, hasn't been sleeping much/well, HA's last couple of days, Neck tightness.

Assessment Findings:

Full body stiffness, BNS+L

Treatment:

DT/POS release full prone, with cf techniques, legs included, also included passive movement for hamstrings/knee flexion, and dorsiflexion/plantar for ankles

Post Treatment:

Feeling much better, released well

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 21 Jun 2021 4:04 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Stiff sore, regular, harder in winter, Got medication for leg spasming, felt benefits after 2 days.

Assessment Findings:

Confirmed patient presenting, regular stiffness, nothing extra to add

Treatment:

DT/POS release full prone, with cf techniques, legs included, also included passive movement for hamstrings/knee flexion, and dorsiflexion/plantar for ankles

Post Treatment:

Feeling heaps better, very happy.

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 7 Jun 2021 4:06 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Feeling stiff and sore, going well until monday last week, had a fall (slip), then thursday morning another fall, muscle spasms have been worse, currently oedema in B legs

Assessment Findings:

Spasming up on L leg frequently through treatment, B legs oedema build, But muscles didn't feel as tight as usual, B hips were quite sore, B traps/neck t

Treatment:

DT/POS release full prone legs posterior and BNS with cf techniques, IASTM used for calves medial knees, Main focus on B glute med/LB/QL

Post Treatment:

Legs don't feel good, spasming undone treatment, Upperbody feels great

Notes/Extras/Advice

Mr Dane Tiffin - Kings Meadows
Mon, 24 May 2021 4:00 pm

1 HR Remedial Massage Treatment

Patients Presenting Issues:

Physio bracing wrong side of leg, L side leg forced to stand (weakness), Bracing now on Shin, forcing to stand up, Stiffness calves, LB, Neck sh, Hips t

Assessment Findings:

B legs hamstrings/calves stiffness, LB tightness, Full back, fronts of shoulders, neck tightness, L trap vt

Treatment:

DT/POS release, IASTM B hamstrings/calves, full prone BNS

Post Treatment:

Feels uneven still, Overall improvement, Needs chiropractic

Notes/Extras/Advice