

## All notes

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### Medical Warning

LHS ACL reconstruction 2022

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### Reminders/Notifications

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Mr Dane Tiffin - Kings Meadows  
Thu, 21 Sep 2023 4:30 pm

## 1/2 HR Remedial Massage Treatment

### Patients Presenting Issues:

LHS, tightness in calves/hamstrings, inhibiting knee flexion, improving from previous treatment, speed increases in running

### Assessment Findings:

Confirmed presenting, VMO also t, RHS leg compensatory tightness

### Treatment:

DT/POS in prone with CF techniques in prone, hamstrings/calves release with IASTM, PRT, poplitues release, VMO release in supine, full quad release bilat

### Post Treatment:

Released well, Flexion restored with less grabbing again

### Notes/Extras/Advice

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Mr Dane Tiffin - Kings Meadows  
Thu, 7 Sep 2023 6:00 pm

## 1/2 HR Remedial Massage Treatment

### Patients Presenting Issues:

Initial - ACL 14 month post treatment, LHS, tightness in calves/hamstrings, inhibiting knee flexion, recommended by physio for remedial massage

### Assessment Findings:

Confirmed presenting, VMO also t, knee flexion inhibited

### Treatment:

DT/POS in prone with CF techniques in prone, hamstrings/calves release with IASTM/myofascial slide cupping, PRT, poplitues release, VMO release in prone,

### Post Treatment:

Released well, Flexion restored with less grabbing

### Notes/Extras/Advice

Recommended follow up before seeing physio next.

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