

# Tarregower Remedial Massage

## CLIENT RECORD: Follow-up Consultation

Last Name: Hudson First Name: Sam

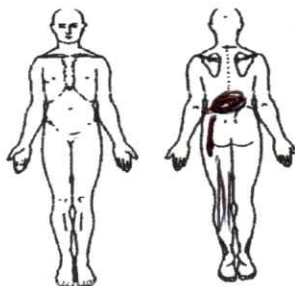
Date 26/1/23

Area Being Treated HIPS Knees Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y ☒ N

If yes \_\_\_\_\_

Response to previous treatment (+ve, -ve/ISQ): +ve



① Glutes

② Leg sore after massage gun 3 weeks ago

VAS LAT

### Client consent for treatment

Please sign

Date 26/1/23

### OBJECTIVE EXAMINATION:

#### Observation:

V. Tight on L Side  
When moving

#### Motion tests (Active, Passive, Resisted, Special Tests):

#### Palpatory Assessment:

Glute Max hypertonic  
(Post fibres esp.)

#### Treatment:

MFR ilio costalis, Glute  
Med, Glute Max VAS lat

#### Advice & Corrective Exercises:

DIP MFR Glute Med, Glute Max

Continue with  
Stretches & exercises  
from Clare B (EP)

Reassessment & Postural Improvements: full

Next Treatment/Management Plan:

3 Weeks (booked)