

Tarregower Remedial Massage

CLIENT RECORD: Follow-up Consultation

Last Name: FEDOROWICZ First Name: AMANDA

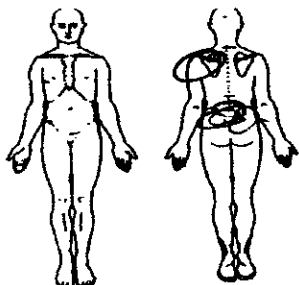
Date 20/9/23

Area Being Treated _____

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y N
If yes _____

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



Amang → Stumbled
① Glute (Med/Max)
Piriformis
TLF
Lat Dorsi
②

Client consent for treatment

Please sign _____

Date _____

OBJECTIVE EXAMINATION:

Observation: Bruise on ① Glute from fall ⇒ No DIP Piriformis ⇒ Do in 3 weeks	Motion tests (Active, Passive, Resisted, Special Tests): Lx Flex Mid Shin 9, @ H/S Lx Lat Flex L Rae R Rae SLR L 80° S, @ TLF R 60° S, @ TLF Shldr Flex L 170° P, @ Intra Resisted L Shldr ER ✓✓
Palpatory Assessment: Piriformis Hypertonic	Advice & Corrective Exercises: Piriformis stretch 2x2 daily - Hold 20 sec Glute Bridges x 10 hold 5 sec Supine Glute 2x2 daily Hold 20 sec
Treatment: MFIT: iliocostalis, longissimus, semispinalis, IIT, Lev Scap, Lat Dorsi, G Med, G Max, Reassessment & Postural Improvements: Lx Flex Mid Shin 9, @ TLF Shldr Flex 180° PB.	

Next Treatment/Management Plan: 3 weeks (booked)
→ Piriformis