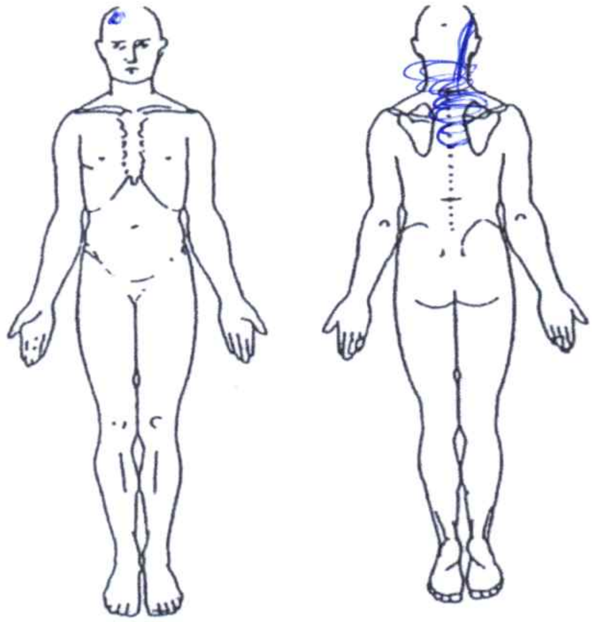
TARRENGOWER REMEDIAL MASSAGE

Date 25/ 8 / 23
Initial Consultation Form

Name: Tracey Keolon



Indicate site or pain and referral area

Site of restriction

Location of pain/restriction/other: Cx stiffness splitting wood

Onset - Initial *(when/how it first began)*: 4 days – continued workshops

Now *(current presentation)*: Referral pattern, but ROM improved

Other Symptoms: Headache

Type of Pain: Sore

Referral Pain: To (R) side of head

What aggravates the pain? Walking, Turning head, lifting

Degree of Pain (0-10): 6 ↘ 4   Irritability Level: Low ___ (Med) ___ High

What Offsets / Alleviates the Pain? walking – post day 1, rest.

Past Treatments & Results: Nil

Special Questions *(may also be specific to region)*: First thing in morning, then at night

OBJECTIVE EXAMINATION - **Body Type:** Hypomobile 0-1 ( ) Average 2-4 ( ) Hypermobile 5-9 (✓)

Observation

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Posterior view	Anterior view	Lateral view
AOa = 4L 3.5R ✓ Scaps ✓ Lordotic curve PSIS R↓	Clavicle R↑ Cx tilt (L) ASIS R↓ Shoulders ✓	PSIS R – Knee LME L APT = 1.5

Motion Tests

Active *(P1, S1, PB)*	Passive *[P1, S1, R1)*
Cx Rotn L 60° P1 @ Lev Scap R 90° PB Cx Lat tilt L 45° P1 @ Lev Scap R 45 S1 @ Lev Scap Cx Flex 2 Fingers	
Resisted	**Functional/Special Tests**
	Scap offload L +ve R -ve

Palpatory Assessment:

Clinical Impression: _____

Treatment	Reassessment
MFTT ilio costalis, longissimus semi spinalis, U/T, Lev Scap, Supraspinatus, Splen Cap, Splen Cerv DiP MT, P Lev Scap, Cx Joint Mob (post)	Cx Rotn L 75° P1 @ Lev Scap R 90° PB

Corrective Exercises

Exercise	Sets	Reps	Other Advice
Lev Scap Cx Stretch	1	2	Daily
U/T Cx Stretch			Daily

Postural Improvements: _____

Treatment Goals / Management Plan: Tracey to book in for Glutes/Hips