Tarrengower Remedial Massage

CLIENT RECORD: Follow-up Consultation

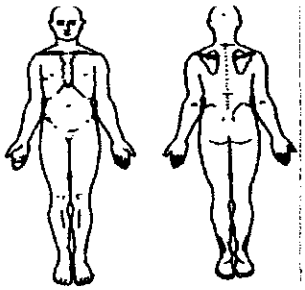
Last Name: WITHERS First Name: LAUREYNE Date 17/12/22

Area Being Treated LX, TX, HIPS

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y (N)
If yes

Response to previous treatment (+'ve, -'ve ISQ): tire.



Hip / Glute pain from work as Aged care ~~worker~~ support worker.

Client consent for treatment

Please sign Date

OBJECTIVE EXAMINATION:

Observation:

Palpatory **Assessment:**
(L) Glute Med & (L) Gastroc Hypertonicity

Treatment:
MRT Iliocostalis, QL, Longissimus, Glute Med, Glute Max, H/S, Gastroc, Rec Fem
Stripping - Gastroc.

Reassessment & Postural **Improvements:**
HIP Flex L 110° R1 (Spring)
R 110° R1 (Spring)

Motion tests (Active, Passive, Resisted, Special Tests):
HIP FLEX L 90° R1 (Spring)
R 95° R1 (Spring)
HIP Internal Rot L 30° R1 (Spring)
R 30° R1 (Spring)
HIP External Rot L 40° R1 (Spring)
R 40° R1 (Spring)

Advice & Corrective Exercises:
Warm up before physical work
- Lat Stretches, Tx Rotn, Tx Flex,
- Hip flexor Stretch on bench
- Calf raises
- Piriformis Stretch
- QL Stretch

Next Treatment/Management Plan: 4 Weeks (booked)