Tarrengower Remedial Massage

CLIENT RECORD: Follow-up Consultation

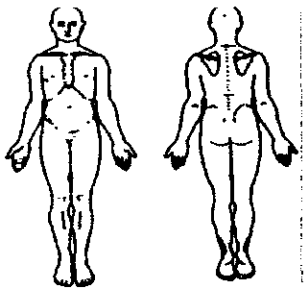
Last Name: WITHERS First Name: LAURENNE Date 11/2/23

Area Being Treated Hips/Glutes L13

Current Presentation LOOTRADIOPS:

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

Response to previous treatment (+'ve, -'ve ISQ): +ve
Sore for 2-3 days



LBP & Hip Soreness
→ additional Glutes as home exercise
TLF, Glute Med, Piriformis

Client consent for treatment

Please sign [signature] Date 11/2/23.

OBJECTIVE EXAMINATION:

Observation:

Palpatory **Assessment:**

Treatment:
MFR TLF, illio costalis, QL
Longissimus, glute med,
Glute Max
DIP Piriformis, Glute Med

Motion tests (Active, Passive, Resisted, Special Tests):
Lx Flex lumb ↓ Knee S, @ Gastroc (bilat)
L↑ Lat Flex R ~~Knee~~ S. @ Glute Med Ant.
L Knee S, @ Glute

Advice & Corrective Exercises:
Glute Bridges 1 set 5 reps. Daily
Glute Stretch "
~~Glute Stretch~~
Piriformis / QL Stretch

Reassessment & Postural **Improvements:**
Lx Lat Flex L lumb ↓ Knee S, @ Glute
R lumb Knee S @ Glute
Lx Flex - Knee S, @ QL

Next Treatment/Management Plan: 5 weeks. (booked)