

Tarregower Remedial Massage

CLIENT RECORD: Follow-up Consultation

Last Name: WITHERS First Name: Laureyne

Date 4/11/23

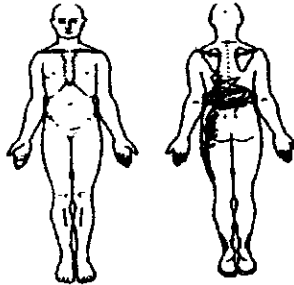
Area Being Treated HIPS/LY

Current Presentation LOOTRADIOPS:

Has your Clinical Impression changed? Y N
If yes _____

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

Very sore - days to recover



SIG?

QL

GMed?

IKL

H/S

Client consent for treatment

Please sign

WITHERS

Date 4/11/23

OBJECTIVE EXAMINATION:

Observation:

Laureyne's movement restricted at end of session, @ Lumbal/HIP restricting movement.

Palpatory Assessment:

Rx MET HIP Flex. HIP Passive gentle mob. → improved.

Treatment:

MFTT - thoracalis, QL GMed. GMax; Psoas fem Semi Tend. Semi Mem., Gastroc, Soleus. HIP @ Joint Mob

Reassessment & Postural Improvements:

Lx Flex Ankle S, @ Gastroc

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

SLR L 90° S, @ Gastroc
R 90° S, @ Gastroc

HIP Flex L 125° R (Spring)
R 125° R (Spring)

Lx Flex Mid Shin S, @ Gastroc

Slump Test +ve Bilat.

Advice & Corrective Exercises:

Seated seated Nerve Glides
Glute supine stretch
Piriformis/Glute Stretch.

Next Treatment/Management Plan:

6 weeks (booked)