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Ruben Orozco
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Date: Monday the 30th September 2024

RE: Review of Treatment
Hayley Young - DOB:14/01/2002
Client Number: 58788317/00

To Ruben Orozco,

I am writing to provide a review of the treatment provided to Hayley Young, who has been under my care since August 2024. Hayley was referred to me for remedial massage therapy following her repetitive use work injury causing right shoulder sub acromion bursitis and supraspinatus tendinosis.

Treatment Overview

Hayley has attended 6 remedial massage treatments, with each session focusing on remedial massage techniques to increase blood flow to the muscles related to the shoulder, to decrease pain and improve range of motion. This has included deep tissue massage, passive release motions and myofascial cupping.

Progress and Outcomes

Over the course of treatment, Hayley has shown a significant reduction in pain and has reported noticeable relief following her remedial massage treatments. There has been a marked improvement in her range of motion, particularly in shoulder rotation, as well as a decrease in pain during shoulder flexion and abduction. Hayley expresses that she feels much better and more relaxed after each session. Additionally, the pain and disability questionnaires she completes periodically reflect clear improvements in her condition.

Ongoing Treatment Plan

To continue Hayley's recovery, I recommend 6 more remedial massage treatments. This ongoing care is essential for achieving optimal recovery and preventing the recurrence of symptoms. While Hayley has noted some improvement in managing the physical demands of her job, she still experiences pain in her shoulder. Additionally, I understand that her physiotherapist is focusing on Pilates exercises, but I believe she will benefit significantly from hands-on support through massage as well.

Should you require any further information or wish to discuss this case in more detail, please do not hesitate to contact me.

Kindest,



Kylie Loffler
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