

Confidential Client Information Form

Name: Eamon Flanagan

Address: 1 Jensen Rise, ILUKA 6028

DOB: 25/02/1976

Email: eamonsiphone@gmail.com

Mobile: 0408 958 396

Would you like to be notified via SMS of available appointments (usually within 24hrs notice) Y / (N) (N)

Private Health Cover (Y) N If yes, specify: Police Health

Referred by (website, friend, signage, other business etc): Dr. Josh JUNIPER

Why have you decided to have massage therapy?

Headaches and neck tightness.

What do you want to achieve from your session/s?

Relaxed muscles and less headaches.

What is your occupation?

Police Officer

Physically related job duties (ie. Bookkeeper – at a desk in front of computer for 8 hrs a day):

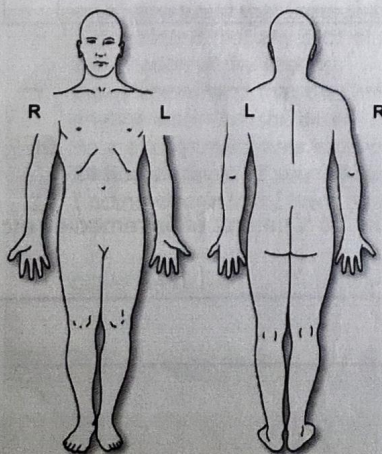
At a desk for 8hrs plus each day.

Please tell us about any sports/hobbies that you are involved in:

BJJ.

Have you had a massage before? ☐ No ☒ Yes: What style: Multiple - relax, deep tissue

Preferred pressure: ☐ Unsure ☐ Very Light ☐ Light ☐ Medium ☒ Firm ☐ Very Firm



Please identify specific areas you would like worked on:

Back of shoulders, neck, middle back. Arms and forearms.

MEDICAL CONDITIONS & HISTORY

Please mark the correct answer to each item below and comment if required						
	Current	Past	Current	Past	Current	Past
Abdominal pain digestive disorder			Cystic Fibrosis		Liver disease	
Alcoholism/ Substance Abuse			Depression		Mental Illness	
Allergies			Diabetes		Migraines	
Anxiety			Dizziness / Vertigo		Muscular Pain	✓
Arthritis			Eczema/Dermatitis		Numbness / tingling	
Asthma			Fatigue		Osteoporosis	
Blood disorder <i>von Willebrand's</i>	✓		Fibromyalgia		Panic Attacks	
Blood clots			Genetic disease/s		Pregnant	
Blood pressure (High/Low)			Headaches	✓	Seizure Disorder	✓
Cancer / tumours			Heart Attack		Skin infections (ie. tinea)	
Cerebral Palsy			Hernia		Stress	✓
Chronic Fatigue			Infectious conditions		Thyroid conditions	
Circulatory condition			Insomnia		Varicose veins	
Cramps			Kidney Disease			
OTHER:						

Do you wear orthotics?

☒ Yes

☐ No

Are you on any medications?

☐ Yes

☒ No

If yes, please give details (including aspirin, ibuprofen, vitamins, homeopathic & naturopathic remedies etc):

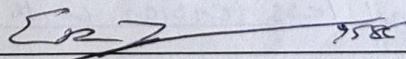
ent
ast
Please list any surgery, broken bones, spinal injuries etc below and the date of injury/surgery or the age you were at the time (current and past)

Injury / Surgery	Reason / Cause	Age/Date	Does this still cause pain/discomfort?
Broken left arm	Fall	13/1989	No.

By signing below I give consent to the massage and acknowledge and agree that:

1. I understand that the massage I receive is provided for the basic purpose of relaxation and relief of muscular tension.
2. If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort.
3. There are always risks involved with any bodywork, listed below are some of the most common, please read and advise your therapist if any are relevant to you.
4. I have been advised that massage may possibly cause one or all of the following:
 1. Pain – refer to item number/s 2, 3
 2. Bruising – refer to item number/s 2, 3
 3. Aggravation of existing condition/s – refer to item number/s 2, 3, 5, 6
 4. Fainting – refer to item number/s 2, 3, 5, 6
 5. Burn – if heat pack is used during the treatment – refer to item number/s 2, 3, 5, 6
 6. Relaxed and/or sleepy – it is probable that you will feel relaxed and/or sleepy after your session, or perhaps, even, a little dizzy when you first get off the table, this is within normal response zones. Please remain seated until your balance is restored and/or you are feeling more awake/alert. If you feel that you are unable to safely leave the premises please advise your therapist and he/she will contact the person of your choice to collect you. Refer to item number/s 2, 3, 5, 6
5. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such.
6. Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly.
7. I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists part should I fail to do so.
8. I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session.
9. I also understand that the Qualified Massage Therapist reserves the right to refuse to perform massage on anyone whom he/she deems to have a condition for which massage is contraindicated.
10. Your appointment time is reserved just for you. Should you not be able to make it, please try to give at least 24 hours notice. If you fail to provide the required notice you may be charged a \$40 missed appointment fee.
11. I acknowledge that I have read and understood the above and give my consent to the treatment.

Client Signature



Date

06/03/2020

Privacy Policy

Currambine Massage Therapy is committed to privacy of its clients. Personal information is treated as confidential and is only used for the purpose for which it was collected. Information kept on file will not be released to a third party without the express consent of the client or as required by law. From time to time you may receive communication from Currambine Massage Therapy via: email, postal mail, telephone call, SMS or any other form of communication for the purposes of confirming appointments, newsletters, marketing and/or promotional messages etc.

Date	Notes
6/3/2020	c/o Tension Neck and Shoulders. cl has been getting Tension headaches particularly on a Saturday morning after a busy week at work. cl tension feeling 7/10, queried with cl if anything has changed in last few months and he has recently changed desks. PA cl has forward head posture, rolled Shoulders + slight hip rotation to (R) anterior forward facing. Cervical area very tight no referring. (P) Rx: PAM focus on neck and shoulders (EM) psoas, (EM) Ligamentum Nuchae, (EM) scm, (EM) Scalenes/pec minor, (EM) foot balance, MFR Cx + ES group. Sub occipital release.
20/3/2020	cl no show due to work emergency. ^{cl called in.}
12/6/2020	c/o Tension in neck + shoulder - beyond Jiu Jitsu, is travelling a lot for work. new motor bike so (L) leg is tight from change in gears. Covid Questions (-). Rx EM r (M) treatment. (EM) Ligamentum nuchae. (EM) Scalenes/pec minor, (EM) foot balance, EM knee balance. DT (M) ES Group. MFR Shoulders and fore arms.
26/6/2020	c/o twisting lower back when picking up a training bag, (R) Lower back + hip. (P) when training last night no referring pain. Rx Full Body (M) QL very (F) (EM) lat dorsi, EM psoas, (EM) QL.
10/7/2020	c/o (P) like a rib is out at back of shoulder blade when doing hip thrust and roll in training. (R) side of body very (F) QL (R) very (F) obliques (R) (F) FB (M) MFR Right side, ES group (M) (EM) QL, (EM) Psoas, (EM) foot balance, post treatment cl felt looser and less tension with hip thrust roll move.
24/7/2020	c/o general tension has been doing extra walking before work for fitness. Rx FB (M), glutes (b) (F) hamstrings + calf (F) (b) (F)

Currambine Family Practice
2/4 Hobsons Gate
CURRAMBINE WA 6028
Phone : 08 9304 1120
Fax : 08 9304 1145

Dr Joshua Juniper
MBBS FRACGP
296627FL

15th February 2020

Movewell Physiotherapy
Ph: 9305 0000

Dear Sir/Madam,

Re: Mr Eamon Flanagan, 25/2/1976
1 Jensen Rise, ILUKA 6028
Phone: 0408958396 Mobile: 0408958396

Thank you for seeing Mr Eamon Flanagan, for deep tissue mobilisation and management of his cervicogenic pain which seems to be made worse by long hours behind his desk. I suspect lesser occipital nerve irritation, and would appreciate physical therapies before we consider nerve blocks.

Past History:

Date

Condition

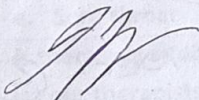
2010

von Willebrand's disease

Allergies:

BEE STINGS

Yours Sincerely



Dr Joshua Juniper MBBS FRACGP, 296627FL

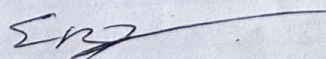
Electronic correspondence is preferred. For reference, our Healthlink EDI is : **oceankey**

- T/8/2020 - c/o general tightness has been doing regular walking and extra exercise, Rx: FB (m) (Em) psoas (Em) lat dorsi, (Em) foot balance (Em) gastroc release.
- 21/8/2020 - calves, kick boxing straight after (m) ended up with Doms on Sunday. After stretching calves it improved. Rx FB (m), glutes (bi) very (fi), (m) calves, MFR Lower leg compartment. ~~all~~
- 7/9/2020 - c/o general tightness, Sore from extra walking neck + sh, slight headache, shin splints, Rx FB (m), MFR Lower leg compartments. (bi), advised to continue with stretches Post walking and workout. ~~all~~
- 18/9/2020 - had a cold last week no fever and negative covid, has been isolating. (fi) neck and shoulders, feeling headachy today. Rx FB (m) prone, (Em) SCM, (Em) Ligamentum Nuchae, (Em) fore arm release. ~~all~~
- 2/10/2020 - has had tickly cough, neck (C) side. + headachy last few days. (C) upper trap. Trip in both upper trap sides. DT (m) BNS, MFR upper traps. (Em) Ligamentum Nuchae, (Em) SCM, (Em) Levator Scapulae, MFR CX + Suboccipital release, head and scalp (m). ~~all~~
- 9/10/2020 - c/o (C) calf soreness, started BJJ last week + feeling slight tension fore arms. Rx FB (m) DT (m) calves, Hamstrings (fi), (m) quads, Sub occipital release. ~~all~~
- 13/11/2020 - cl dislocated (R) Ring Finger with Jujitsu on wed feeling (fi) and sore Rx FB (m).
- 27/11/2020 - cl c/o Lower back pinching no referral P, not trained last night. (R) pec mid sternum (P). Rx (Em) lat dorsi, (Em) psoas, FB (m) Pec stretches, passive.



Currambine Massage Therapy

Total Body Wellness

QUESTIONS	Y/N	IF Yes, please give the date and brief explanation
1. Have you travelled international or interstate in 14 days prior to illness onset?	N	
2. Were you in a recent cruise ship passenger or crew in 14 days prior to illness onset?	N	
3. Have you been in contact with confirmed or probable COVID19 case in the past 14 days?	N	
4. Have you been sick, with the cold, influenza, pneumonia or any respiratory condition in the past 14 days?	N	
5. Signs and Symptoms: a. Cough b. Fever c. Headaches d. Shortness of breath e. Sore throat	N	
6. Is there any additional information you could let our therapists know in relation to COVID?	N	
7. Our therapists are required to wear protective equipment, such as masks and gloves, are you happy with that?	Y	
8. Since the restrictions have been relaxed, are you happy for our therapists to not wear gloves, but keep ultimate hygiene with hand washing between clients and use of hand sanitiser? OBSERVATION: Therapists will continue to wear masks.	Y	
Full name: Eamon FLANAGAN		
Client Signature: 		Date: 10/7/20.

24/7/2020 - No change
7/8/2020 - No change
2/10/2020 - No change

212

212

Date
11/11/2020

FB ④
Group H/Shipping

Date	Notes
11/12/2020	c/o neck and sh tightness, hips have been feeling sore & trying to stretch out. FB(M) focus around hips & legs. DT(M) ES group. Pin & stretch in piriformis, during (R) Pin & stretch cl got a cramp in (R) hamstring. Post (M) discussed stretches to assist External rotation of hip. cl
21/12/2020	cl has not been training but sore neck & shoulders, been busy at work; Rx FB(M) incl Arms & Feet. MFR Cx region (Em) Ligamentum nuchae (Em) SCM. cl
4/1/2021	cl has had tension headaches for last 3 days. (F) neck & sh, (R) Hip (M). Rx (Em) gastroc, Em TFL/ITB, Full body (M) incl feet, MFR gastroc Trip Piriformis (R), Em SCM, (Em) Ligamentum nuchae. MFR Cx region, Jaw (M). cl
22/1/2021	cl has had a drive from Geraldton today has pain mid thoracic, about a week ago still tender. has been having headaches, Rx: FB(M) incl arms, MFR ES group, (M) upper traps, MFR Cx & Jaw, head & Scalp (M). cl
16/2/21	Feeling (F) and sore hamstrings has done from cl 35 min Lie BJJ training Rx 30 min (M) Pin & stretch hamstrings, (M) calves hamstrings, glutes (bi) (F) (Em) hamstring, (Em) foot balance, (Em) piriformis (M) BNS. (Em) Quads. cl
29/3/21	c/o stiff neck and shoulders cl has had a very stressful month. Back training (R) calf very (F). Rx Full body (M). cl
31/3/21	Rx Full body (M) no complaints just (F) and sore.
16/4/21	c/o UBNRS Ten. Also tight calves. Been off work & away so not feeling too good. Rx 1hr UBNRS + gastroc (bi) = TES TTPs (bi) rhombus TTPs. upper traps vti. Post cerv. mm to gastroc (bi) OTR. - CP.

28/5/21. - c/o neck & sh from flying on job for few weeks, Rx FBM, focus on BN & sh. head massage. cl has recently lost a family member. has been feeling stressed recently. *Ally*

9/6/21 - has been training, muscle soreness. Rx FBM. focus on forearms, neck sh, Legs bi very (H), Quads (bi) (Ti). *Ally*

25/6/21. - has been training 3 x week. Legs feeling very (H). (Rx) FBM, DT (M) Legs trigger point @ Soleus, MFR Gastroc (bi) (Em) gastroc release, c/o (P) when sitting up down from ab work. (Em) Rectus Abdominus, (Em) Diaphragm. *Ally*

9/7/21 - Muscle soreness mid thoracic under the shoulder blade. had tension headache. last 2 days. Rx FBM, trp Es mid back MFR Rhomboids and trapezius. *Ally*

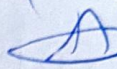
23/7/21. c/o muscle soreness Legs from BOS Drills & Legs very (H) Rx FBM incl forearms, DT (M) gastroc trp @ gastroc, MFR upper traps cx region, supine sub occipital release and scalp massage. Danni = NB. cl gets leg cramps when passive leg stretching and enjoys scalp (M) @ end of session. *Ally*


8/8/21 - C/o soreness from being sick at beginning of week. Back & hips feeling (H) and left side of neck feeling pinchy when he turns head. Rx Neck (M), trigger point upper trap. (Em) scm (Em) scalenes/pec minor, Em Levator scap. Pin & stretch Levator scap. FBM, @ Quad very tight. *Ally*

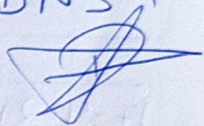
13/8/21 - c/o upper neck aching (+) but no headache; practice jujitsu often; PBM + Hfs TrPs & neck as well all released nicely; LB (H) (bi) talked about stretching. *Ally*


Client: Eamon Flanagan


Date	Notes
20/8/21	Trained jiu jitsu 3x this so body is feeling. Felt good after last session: Rx PBM focusing on mid /thoracic & back of legs; TRPs of HTs, chest & neck; Client felt good after.
3/9/21	Traine twice this week, had a bit of upset stomach, but feeling better today; do sore left hip from playing backball (last weekend) Rx similar to last Rx, but focus on (L) hamstrings/hip & upper body. Client has been doing stretching.
17-9-21	Hasn't been doing jiu jitsu so a bit tired; wife had surgery (all went well); so just tired & (L) hip sore. Rom not thorax (P) but not limited Rx PBM w focus on upper back, TRPs HTs + neck.
1-10-21	Little bit (H) (general tightness). trained last Tue since last visit started going back to the gym, doing cardio/weights alternating. Rx PBM focusing on legs & upper back; Felt great at the end.
15-10-21	Client getting back into jiu jitsu training for the state comp in a month; so pretty sore everywhere but (L) hip still giving trouble in a dull (P) ache; rolling on (L) really feel. discussed the possibility of investigating further (L) hip; considering dry needling. Rx PBM focus on hip (bc) w/ joint mob. grade (1) & (2); sacrum /L mob grade 2/3; client felt relief;
29-10-21	90 min treatment. Sore everywhere from training hard in jiu-jitsu; hamstrings & entire back really (H) & usual (L) hip. Suggested relaxed night & to consider taking some magnesium.
12-11-21	Lighter training due to comp, started doing a lot of walks so legs (H); neck (H) due to specific training. (L) hip still hurting - discussed getting checked. Rx Legs, HTs (1) (L), BNS particularly neck.


24-11-21 - Jiu Jitsu camp went ok, Neck tight & between:
Rx PBM w/ focus on upper body; RBs + Traps (b) (h) but
released w/ TrPs; He will check if this is his last
session as he is going away. 


8-12-21 - Gardening the entire day yesterday + Jiu Jitsu;
Feeling hamstrings (h); Sh (P) (N) (h) Rx PBM w/ focus
hamstrings & upper body. 

24-12-21 - Has had 2 weeks off but nothing too major. N (P)
tension from driving but that's about it. Rx BN'S +
back of legs; 

6-01-22 - Client got pulled in to management team during
afternoon shift so haven't been able to train much; Neck
tired, but general tired from cardio exercise; Had Pfizer
boost (3rd) shot yesterday (L) arm so avoid area; Rx PBM
w/ focus on upper body N; traps (h) (b); gluts (L) (h) 

19-1-22 - Trained Jiu Jitsu morning; train upper body;
Legs a bit sore. Rx PBM; hamstrings (h) (b) but gluts ok;
upper body (Traps; Scalens; RBs; & Teres Minor) specifically
very (P) (R); Neck / chest (h) (b). 

4-2-22 - Trained Jiu Jitsu 3x this week so (h) everywhere;
Rx PBM + Front of legs; neck; calves (b) (h); shoulders not
aiff + traps. (b) (h). 

18-2-22 - Increasing training for fitness due to job promotion at
work (tact operations); do (L) Sh (P); no nerve signs; Rom w/ no
w/ no pain; other tests for lig & caps all (-); Rx PBM +
arms & neck. shoulders & Tr very (h) (b); suggested watch
(L) shoulder when training. 

Date	Notes
4-2-22	<p>(L) shoulder aching; has been doing PT training. Has been really sore due to training for work;</p> <p>(R) thigh w/ the feeling of a "kai"; no swelling; no purple; felt like a strain but not a tear; Rx PBM + ant legs + arms/shoulders; Really</p> <p>(L) (R) leg muscles front/back. Had 3 major (P) (N) (L) shoulder so advised client to be mindful (P) (N) (L) shoulder</p>
18-3-22	<p>clo legs are very sore (N) from training; functional tasks can be done without (P) (N) was (N) yesterday w/ headache so skipped jiu-jitsu last night, (L) sh come good. Rx PBM + ant leg & chest. Both legs really (N) all over only released w/ mFR. Suggest path w/ epon salts.</p>
1-4-22	<p>Has been feeling numbness (arms); had an MRI w/ report to come; currently seeing physio for it (potential disk protrusion C5, C6); Rx back of the body; Tx (L) (R) legs (N) glutes & hamstrings; ant leg (quads) (L) (R). Client feeling good aside from N/ shoulder issue.</p>
16/4/22	<p>had scan - showed disk protrusion at C6/7 causing impingement. This injection booked for Friday 22/4.</p> <p>Rx PBM w/ cupping to upper back. mthx (N) (L) wraps (N), gusher (N) esp (L).</p> <p>Said the cupping felt good no immediate (N) irritation.</p>
29-4-22	<p>Had the needle injection a week ago & so far no improvement; apart from N feeling pretty good & not exercise because of N. Rx PBM & very gentle on the N, Client enjoyed treatment today.</p>
27/5/22	<p>Cortisone inj. has worked - no (P) except when rotating. Still getting numbness in (L) hand + into thumb + index finger TX 1hr PBM</p>

27/5/22 contd-- Legs quite ti esp

Ⓐ H/otting + gastro/bolear ⓑ Clutke ti
+ Ⓐ PL. Thoracic vti' - released well with
MF stretches + DT. Traps vti' ⓑ. Post.
cerv. mm "guarded" Cl. not relaxing easily
Good overall release - can.

10-6-22. ⓐ gone so procedure worked; but still
having neuro signs seen neurosurgeon 26th JULY;
Has started exercise 2 days ago so pretty see today
Rx PBM + arms + HFs.

24-6-22 - still getting numbness in Ⓐ arm. Has been
seen a physio that has organised a program
potentially for pre/post operation; Rx PBM + ~~clut~~
~~arms & HFs~~

8-7-22 - Has been doing physio at the gym (Jels) strengthening
back neck muscles; no ⓐ Ⓐ arms only numbness; doing
good w/ training; Rx FBM w/ focus upper body. No
major concerns today. Aft pretty relaxed at the end

22-7-22 - Doing strengthening training w/ physio; Has
seen the surgeon / specialist & got told to continue training
& if he feels ⓐ to return to him, but at this stage. Rx
PBM w/ focus on upper body (traps; scalenes; etc)
seen ⓐ ⓑ; really relaxed at the end.

5/8/22; Ⓐ L leg has been running more, presenting some
symptoms of shin splints; rest of the body ok; Rx BNS +
legs + N/chest. Legs really ⓐ all over ⓑ; Ⓐ tighter
but released w/ m/r; Used cupping on L leg &
advised ~~clut~~ stretching for HFs on side / ying

RADIOLOGY REFERRAL FORM

FLANAGAN, EAMON
1 JENSEN RISE, ILUKA WA 6028, ILUKA. 6028
Birthdate: 25/02/1976 Sex: M Medicare Number:
Your Reference: Lab Reference: CUR10494037-MRI - SPINE (GP REF > 16YO)
Laboratory: SKG
Addressee: DR LUKE FINKELSTEIN Referred by: LUKE DR FINKELSTEIN
Name of Test: MRI - SPINE (GP REF > 16YO)
Requested: 30/03/2022 Collected: 31/03/2022 Reported: 31/03/2022
09:55

Apollo RIS Patient Id : SKG2231095
Patient Name : FLANAGAN EAMON DOB : 25/02/1976 Service Date : 31/03/2022

Clinical History: Neck pain with radiculopathy in C6/7 distribution.

MRI CERVICAL SPINE

There is straightening of cervical lordosis. No focal cervical cord lesion or myelopathy. The imaged posterior fossa is normal.

At C2/3, C3/4 and C4/5, cervical canal and neural foramina are patent.

At C5/6, disc desiccation and mild bilateral uncovertebral joint hypertrophy. Cervical canal and neural foramina are patent.

At C6/7, there is a left foraminal disc protrusion causing left C7 nerve root impingement. There is right posterolateral disc extrusion causing potential irritation upon the right C7 ventral root. Mild cervical canal narrowing. Mild ventral cord flattening.

At C7/T1, cervical canal and neural foramina are patent.

Comment: There is a left foraminal disc protrusion at C6/7 causing impingement upon left C7 nerve root.

There is a right posterolateral disc extrusion at C6/7 causing potential irritation upon right C7 ventral root.

Mild cervical canal narrowing at C6/7.

Thank you for your referral.

Yours sincerely,

Dr Ferry Dharsono - SKG Radiology

RADIOLOGY REFERRAL FORM

PATIENT NAME : Mr Eamon Flanagan

Medicare : 6138939587 / 2

DOB : 25/02/1976

Address : 1 Jensen Rise

Iluka 6028

Phone : 0436 949 313

TEST REQUESTED :

CT guided L C7 nerve root steroid injection

CLINICAL INFORMATION :

L radiculopathy in area of C7

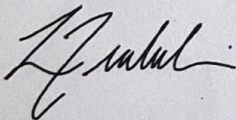
MRI shows L C7 impingement

URGENT ☐

DOCTOR NAME and PROVIDER NUMBER :

Dr Luke Finkelstein
Ocean Keys Family Practice
2/4 Hobsons Gate
Currumbine 6028
5365812J

Doctor Signature and Date



06/04/2022

PLEASE BULK BILL ☒

Currambine Family Practice
2 / 4 Hobsons Gate
CURRAMBINE WA 6028
Phone : 08 9304 1120
Fax : 08 9304 1145

Dr Luke Finkelstein
MBBS FRACGP DCH
5865812J

30/03/2022

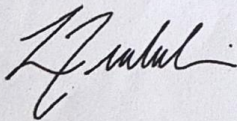
Currambine Massage Therapy
Live Well Physiotherapy
4/13 Hobsons Gate
CURRAMBINE 6028
Ph : 9304 1000 F : 9304 1011

Dear Massage Therapist ,

Re: Mr Eamon Flanagan, 25/02/1976
1 Jensen Rise, Iluka 6028
Phone : 0408958396 Mobile : 0408958396

Thank you for seeing Mr Eamon Flanagan, for opinion and management of his cervicogenic neck pain. This is aggravated by sitting at a computer for many hours at work.

Yours Sincerely



Dr Luke Finkelstein

Eamon Flanagan

Date	Notes
22-8-22	Doing the gym training slow movements 2 traps switched from walking/running to cross trainer for the potential (L) shin splints; just came from the gym feeling (P) upper body; Rx BNS + back of legs; traps; ES (+) but released nicely. Back of (N) (+) scalene (P) very (H) released w/ T.P.
2-8-22	Had a big group PT session yesterday w/ lots of leg work. Had sore throat felt for the past 2 wks. Rx PMT quads: N (+) on R very sensitive (P) in leg but walking better at the end. (Q)
19-9-22	Client feeling good referring in body is just getting used to exercise again. No major issues today Rx PBM focus on upper back slightly (+) but released.
6-10-22	Still feeling unwell but not contagious cold (using a mask); has been on leave due to sickness; c/o (+) around (N) & (L) Hip & Hfs. Rx PBM w/ focus on upper body; LD for face for sinus (P)
17-10-22	8 days ago dropped a trailer on his (L) foot; hasn't been at work has had clear from doctor so no fractures but (L) foot/has pretty bad bruised. Last 4 days had a headache; has had strong P pull but none for the last 24hrs. PBM avoiding caffeine (P) only upper body (+) L (+); relaxed nearly felt asleep today.
31-10-22	(L) foot healing w/ some swelling; has had a headache last weekend so feeling sh/N (+). Rx PBM w/ focus on upper body N/sh (P) side particularly (H); other than that no major issues.
14-11-22	General tightness from the workouts (exercise). Rx PBM + N; no major issues today.
28-11-22	Had a holiday so no major concerns; he will be back to his usual activities tomorrow. PBM w/ focus on upper body due to (H) on N/sh.

13/12/22 - clo' gen tightness + ten in
UBNTs. would like FB. TX 1hr - DM from
feet up into NTS. Els to (b) - released well
Traps + post. cerv. mm all quite ti- good
release + stretches - can